



COLLEGE OF EDUCATION

PLAN OF STUDY

Department of Kinesiology
Exercise Science (Non-Certification)
 Health Professions Track

Name: _____ S#: _____ Date: _____
 Address: _____ Phone: _____
 Email: _____ Advisor: _____ Email: _____

University Core – The core GPA must be 2.00 or higher (+ indicates core courses)

COURSE	SEM HRS	GRADE	SEM/TERM	NOTES
Written Composition - 2 courses required				
+ENGL 1010/ENGL 1017	3			
+ENGL 1020/ENGL 1027	3			
Humanities and Fine Art - 4 courses required				
<i>Literature Elective (One course minimum; must take a two course sequence in literature or history)</i> <i>ENGL 2530, ENGL 2540, ENGL 2570, ENGL 2580, ENGL 2600, ENGL 2610, ENGL 2670, ENGL 2680</i>				
+	3			
+	3			
<i>Fine Arts Elective - One or two courses - VISU 1000, VISU 2030, VISU 2040, MUSI 2110, or THEA 2040</i>				
+	3			
	3			
+COMM 1010/COMM	3			
Natural Sciences and Mathematics - 3 courses required				
+BIOL 1010/1011 Principles of Biology I	3/1			
+CHEM 1100/1101 General Chemistry I	3/1			
Mathematics Elective-Select one of the following: MATH 1050, MATH 1120 or MATH 1150.	3 - 5			
History, Social and Behavioral Sciences - 4 courses required				
<i>History (One course minimum; must take a two course sequence in history or literature)</i>				
+	3			
+	3			
<i>Electives-2or3coursesrequired(ChoosefromANTH2110,ECON2000,ECON2010,ECON2020,GEOG2050,GEOG2150,HIST 1010,HIST1020,HIST1060,HIST1070,HIST1080,HIST1090,POLS2020,PSYC 1000,PSYC 2780,SOCI2000)</i>				
+PSYC 1000	3			
+	3			
	3			
Other Additional Required Courses:				
+UNIV 1000 (required of all entering students with less than 24 earned credit hrs. and transfer students with a GPA of 2.2 or lower; take within the first academic year)	3			
BIOL 2093 Essentials of A and P (Fall)	4			
PHED Elective	3			
PHED 2010/2011 FNDS of Health & Phys. Education	3/0			
PHED 2203 Wellness	3			
Select two PHED Activity courses	2			
	2			

Check Point: Two course sequence satisfied in (Circle One)

A. Literature

B. History

7/21/2021

Exercise Science (Non-Certification)

Updated 2/20/2024

NOTE: The semesters indicated by each physical education course are tentative and the Department Chair has the right to make changes if necessary due to class enrollment.

COURSE	HRS	GRADE	SEM/TERM	NOTES
Physical Education (25 semester hours) (check catalog for pre-requisites)				
PHED 4003/4004 lab Physiology of Exercise/Lab (Fall & Summer)	3/1			
PHED 4010 Exercise Pathophysiology (Spring) (pre-req. PHED 4003)	3			
PHED 4043 Kinesiology (pre-req. BIOL 2100/2101 or 2093)	3			
PHED 4044 Biomechanics (Spring) (pre-req.4043)	3			
PHED 4153 Exercise Prescription (Spring) (pre-req. PHED 4003)	3			
PHED 4193 Measurement & Evaluation in Exercise Science (Spring)	3			
PHED 4230 Principles of Strength & Conditioning (Fall) (pre-req. PHED 4003)	3			
PHED 2250 Basic Sport Nutrition (Fall, Summer)	3			
Exercise Science (Health Professions Track) 28 hours minimum				
Advisor Approved Electives				
PSCI 1100/1101 Intro to Physical Science	3/1			
PHED 4270 Sociology of Sport (Summer)	3			
PHED 4310 Ethics in Sports (Summer)	3			
PHED 4363 Emergency Medical Care (Fall, Spring) half term	3			
PHED 4383 Fundamentals of Athletic Training (Fall) half term	3			
PHED 4800 Psychology of Coaching (Fall)	3			
PHED Elective OR CHEM II (for SN minor)	3			
PHED Elective OR Other Advisor Approved Elective	3			
PHED Elective OR Other Advisor Approved Elective	3			
Internship - Must be Admitted to the Internship (9 hours) - Must make a C or better.				
PHED 4922 Internship in Exercise Science (see Kine. Dept. req. focus Sport Nutrition)	9/0			
PHED 4992 Health Fitness Test *Swim Test (required to pass before graduation) (0 credits)				

*A minimum of 120 semester hours and an overall GPA of at least 2.5 are required for graduation.

Minor - Sports Nutrition (15 hours) – Signature: _____				
PHED 4210 Nutrition Assessments (Spring)	3			SN
PHED 4220 Lifecycle and Community Nutrition (Fall)	3			SN
PHED 4240 Metabolism and Function of Nutrients I (Fall)	3			SN
PHED 4280 Metabolism and Function of Nutrients II (Spring)	3			SN
PHED 4950 Advanced Topics in Sports Nutrition (Spring)	3			SN
Minor - Sport Management (18 hours) – Signature: _____				
PHED 4310 Ethics in Sports	3			SM
PHED 4330 Sport Marketing	3			SM
PHED 4340 Risk Management and Legal Issues	3			SM
PHED 4360 Sport Finance	3			SM
PHED 4380 Leadership in Sport Organizations	3			SM
PHED Elective	3			SM