

# Exercise Science, B.S.

## HEALTH & FITNESS CONCENTRATION - College of Professional Programs

### General Education Curriculum (GEC) Requirements "At - a - Glance"

(Full GEC requirements can be found on pages 60-61)

The GEC contains 22 Learning Objectives organized under five General Education Learning Outcomes (GLOs). To complete the GEC, select at least one course for each objective. Many courses will meet more than one objective, but a minimum of 40 distinct hours in the GEC is required.

#### 1. Effective Written & Oral Communication

- a. Eng 100, 101 ..... \_\_\_\_\_
- b. Eng 121 ..... \_\_\_\_\_
- c. Bus/Com 210, Pos 101, Pqj 215 ..... \_\_\_\_\_
- d. Eng 100, 101 ..... \_\_\_\_\_

#### 2. Critical & Creative Thinking

- a. Eco 100, Phi 151, 152, Psy 100 ..... \_\_\_\_\_
- b. Eco 100, Phi 151, 152, Psy 100, Soc 100 ..... \_\_\_\_\_
- c. Eng 121 ..... \_\_\_\_\_
- d. Art 103, 108, 120, 121, 221, 231, 235, 246, 247, 251, 261, Eng 211 ..... \_\_\_\_\_
- e. Art 107, 211, 212, Art/Eng 116, Eng 151 ..... \_\_\_\_\_

#### 3. Quantitative & Scientific Reasoning

- a. Mat 101, 117, 121, 131, 140, 166, 201 or higher, Phy 153, 154 ..... \_\_\_\_\_
- b. Mat 101, 117, 121, 131, 140, 201 or higher, Phy 153, 154 .. \_\_\_\_\_
- c. Bio 103, 104, 105, 112, 262, 300, Hpr 101 ..... \_\_\_\_\_
- d. Chy 111, 112, 122, 221, 222, Env 110, 120, 125, 130, 201, 301, 302, 308, Gey 112, 114, Phy 153, 154 ..... \_\_\_\_\_
- e. Bio 105, 112, 113, 261, Chy 111, 112, 122, 221, 222, Env 308, Gey 112, 114, Phy 153, 154 ..... \_\_\_\_\_

#### 4. Information Literacy

- a. Fys 100 ..... \_\_\_\_\_
- b. Eng 121 ..... \_\_\_\_\_
- c. Phi 151, 152, Swk 202 ..... \_\_\_\_\_

#### 5. Global Consciousness & Intercultural Awareness

- a. Ant 100, 110, Geo 100, 101, Soc 100, Swk 305, Wab 110, Wst 101 ..... \_\_\_\_\_
- b. Hty 115, 116, 161, 162, 184 ..... \_\_\_\_\_
- c. Asl 101, Chi 101, 102, Fre 101, 102, 201, 202, Rus 101, 102 Spa 101, 102, Wab 100, 105 ..... \_\_\_\_\_
- d. Phi 151, 152, Pos 211, Swk 202 ..... \_\_\_\_\_
- e. Pos 101, 211, 332 ..... \_\_\_\_\_

#### SCIENCE REQUIREMENTS FOR GENERAL EDUCATION – 8 CREDIT HOURS

Bio 112 General Biology I	4
Bio 261 Human Anatomy and Physiology I	4

#### Program requirement:

Bio 262 Human Anatomy and Physiology II	4
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#### EXERCISE SCIENCE REQUIREMENTS – 39 CREDIT HOURS

Exs 101 Introduction to Exercise Science	3
Exs 225 Strength Training Techniques and Conditioning	3
Exs 246 Introduction to Assessment	4
Exs 274 Structural Kinesiology	3
Exs 340 Prevention and Emergent Care in Sports	3
Exs 343 Corrective Exercise	4
Exs 381 Biomechanics	3
Exs 382 Physiology of Exercise	3
Exs 388 Practicum Exercise Science	3
Exs 405 Exercise Science Capstone	1
Exs 425 Science of Strength and Conditioning	3
Exs 487 Organization and Administration in Health Care	3
Phe 265 Motor Learning	3

#### HEALTH AND FITNESS – 25 CREDIT HOURS

Bio 300 Human Nutrition	3
Exs 210 Group Exercise	3
Exs 375 Physiological Assessment	3
Exs 496 Field Work Experience	9
Phe 102 Developmental and Gymnastics Activities	2
Phe 166 Aquatic Activities OR	
Phe 174 Water Safety Instructor	2
Psy 310 Sports Psychology	3

#### SELECT GENERAL ELECTIVES TO BRING TOTAL EARNED HOURS TO 120:

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Total credits required for degree: 120

Minimum cumulative GPA for graduation: 2.67

Cumulative GPA for major requirements: 2.67