Program Handbook

B.S. in Exercise and Sport Science

2023 – 2024 Academic Year

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On behalf of the Department of Health and Movement Sciences, welcome to Southern and the Exercise and Sport Science (ESS) degree program! As the program coordinator, I am excited to meet and teach you as you develop yourselves as exercise science professionals. As you make your way through this handbook, you will discover that the faculty of the ESS program are diverse in background and teaching specialty, and have carefully created a program that will prepare you for professional careers in the areas of sport science or allied health. Those disciplines- Sport Science and Allied Health- make up the two concentrations from which you will choose as an Exercise and Sport Science major. Whether your interest lies in personal training, physical therapy or occupational therapy school, strength & conditioning coaching, working with a clinical population like geriatric, pediatric, obese, cancer recovery, or cardiac or pulmonary rehabilitation, the concentrations in our program have something for you. The 4-year planned programs near the end of this handbook can even show you how your specific academic needs can be tailor-made and met in just four years. ***Additionally, for those interested in an accelerated graduate (M.S.) degree in addition to the bachelor's degree, you will find planned programs for our 4+1 accelerated B.S. to M.S. programs in Human Performance, Clinical Exercise Physiology, and Physical Activity & Chronic Disease.*** You will also find that there are crucial events occurring throughout your progress in the ESS program designed to optimize your preparation as a professional:

- Academic standards on 1st- and 2nd-year coursework
- Professional application and personal interview process for program acceptance
- Opportunities for personal development in student club
- Completion of an internship in a professional setting

We encourage you to make relationships early with your faculty. The best way to gain the notice of potential employers or graduate school advisors is through networking. We faculty are committed to producing excellent future exercise science professionals, but the first step must be taken by you! So please take the time to get to know us, and familiarize yourself with the Exercise and Sport Science program.

Again, welcome to Southern and ESS!

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EXERCISE AND SPORT SCIENCE PROGRAM
MISSION STATEMENT

Consistent with the statements established by Southern Connecticut State University, the College of Health & Human Services and the Department of Health & Movement Sciences, the faculty composing the Exercise and Sport Science Program adheres to the concept of undergraduate students engaged in study of the Health & Movement Sciences striving to accomplish the following:

- Professional excellence in academic knowledge and the practical application thereof based on the Competencies of the American College of Sports Medicine (ACSM), the National Strength & Conditioning Association (NSCA) and the Guidelines of the American Society of Exercise Physiologists (ASEP).

- Fundamental, advanced, and contemporary exercise science knowledge applied in state, regional and national professional settings of disease prevention, healthful lifestyle, clinical rehabilitation, promotion of physical activity, and fitness maintenance.

- Adherence to the ACSM published Code of Ethics and maintain the highest moral standards in professional activity.

- Exemplary leadership in personal and professional lifestyle behaviors demonstrating the concept "fit body – fit mind" and the Exercise is Medicine® global health initiative.

- Active participation in serving the professional needs of peers, the local community and the society in general.

Exercise is Medicine®: A Global Health Initiative!

The Exercise is Medicine (EIM) initiative was started by the American College of Sports Medicine in 2007 to encourage health care providers to include physical activity as a part of the prescriptive treatment plan for patients. Through EIM, healthcare providers can refer their patients to credentialed exercise professionals who use evidence-based exercise interventions to prevent and treat many medical conditions.

There are three "legs" on which the EIM initiative is founded and delivers its message of physical activity promoting optimal health:

Healthcare Providers
EIM encourages primary care providers to assess physical activity as a vital sign during patient visits, and to provide actual exercise prescription or referral to an EIM-based exercise professional. EIM has provided healthcare provider summary sheets and action guides to effectively aid the provider in using physical activity to reduce chronic health problems.

Exercise Professionals
Patients with sedentary behavior and/or chronic, metabolic diseases (diabetes, obesity, hypertension, hyperlipidemia, etc.) need healthcare providers who can refer patients to properly-credentialed exercise professionals. These professionals should carry certification to work with special populations from professional organizations such as the American College of Sports Medicine (ACSM) and the National Strength & Conditioning Association (NSCA). Further, these professionals should hold the **EIM Credential**, which demonstrates achievement of both education and certification to become part of the extended healthcare management team.

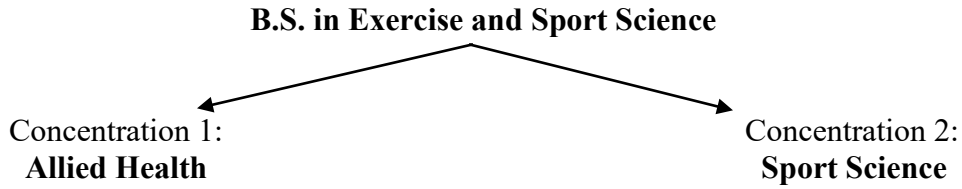
Exercise is Medicine on Campus (EIM-OC)
This program encourages colleges and universities to promote physical activity and health broadly among the campus community. The program lists the following as what faculty, students, and staff should consider as they promote the EIM initiative:

- Making movement a part of the daily campus culture
- Assessing physical activity at every student health visit
- Providing students with the tools necessary to strengthen healthy physical activity habits that can last a lifetime
- Connecting university health care providers with university health fitness specialists to provide a referral system for exercise prescription.

******Southern Connecticut State University is proud to be recognized as a EIM-OC Gold Campus in its efforts to promote wellness and physical activity as a vital sign!***

SOUTHERN CONNECTICUT STATE UNIVERSITY
DEPARTMENT OF HEALTH & MOVEMENT SCIENCES
EXERCISE AND SPORT SCIENCE PROGRAM

In order to attract and hold a superior quality of major students, the faculty of the Department of Health & Movement Sciences (HMS) has established minimum admission and retention standards for all students who desire to major in Exercise and Sport Science (ESS). **There are two concentrations in the ESS degree program from which to choose:**



The **Allied Health concentration** is geared toward students interested in pursuing a career in clinical exercise physiology as a cardiac or pulmonary rehabilitation physiologist, geriatric or pediatric exercise specialist, cancer exercise specialist, cardiac sonographer or ultrasound technician, or further graduate school for physical therapy, occupational therapy, physician assistant, medical school, or chiropractic.

The **Sport Science concentration** is geared toward students interested in pursuing a career as a personal trainer, strength & conditioning coach, biomechanist, or sport nutrition researcher.

Students who declare a major in Exercise and Sport Science with either concentration will be given a "***Pre-Allied Health***" or ***"pre-Sport Science"*** designation by the registrar.

IMPORTANT: When you have completed almost all of our core prerequisite coursed for program acceptance, you must formally apply for admission into the Exercise and Sport Science program. This typically happens during the second semester of the sophomore year.

This process will be described in the following pages.

How do you get a faculty advisor assigned to you?

- ***Reach out to*** Dr. Lunn at lunnw1@southernct.edu
- ***If you need to change your major to Exercise and Sport Science, use the link at https://apps.southernct.edu/owls/sop/main***

Faculty in Exercise and Sport Science

Dr. William Lunn

lunnw1@southernct.edu
Undergraduate Program Coordinator
Director, Human Performance Laboratory
Courses: Exercise & Sport Nutrition, Exercise Physiology

Dr. Robert Axtell

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Graduate Program Coordinator
Courses: Exercise Testing & Prescription, Exercise Physiology

Dr. Robert Gregory

gregoryr3@southernct.edu
Director, CT Running Injury Clinic
Courses: Biomechanics; Sport Science & Performance Technology

Dr. Peter Latchman

latchmanp1@southernct.edu
Courses: Anatomy & Physiology, Exercise Physiology

Faculty in Exercise and Sport Science

Dr. Marc Robertson

robertsonm1@southernct.edu

Courses: Functional Anatomy, Pathophysiology & Pharmacology, Org & Admin in ESS, Exercise Physiology

Dr. Kristie Rupp

ruppk1@southernct.edu

Physical Activity & Chronic Disease Graduate Program Co-coordinator

Courses: Exercise Physiology, Exercise for Special Populations

Andrew Toce, M.Ed., MBA

tocea1@southernct.edu

Internship Coordinator

What are your responsibilities as a Pre-Allied Health student? Achieve the academic requirements!

During your first few semesters at Southern, you must do the following:

1) ***Overall university GPA: minimum 2.70, which equates to a B- average (a 2.69 will not be accepted)***

2) Successful completion of the following core courses (***GPA of 2.70 or higher for these 8 courses and no single grade lower than C-)***, which you will need to complete before program acceptance:

Introductory courses

- **HMS 160 – Intro to Exercise and Sport Science**
  - Minimum grade expectation: B+
- **PCH 200 – Intro to Nutrition**
  - Minimum grade expectation: B+
- **PSY 100 – Intro to Psychology**
  - Minimum grade expectation: B+

Anatomy & Physiology courses

- **BIO 200 – Human Anatomy & Physiology I with lab**
  - Minimum grade expectation: B
- **BIO 201 – Human Anatomy & Physiology II with lab**
  - Minimum grade expectation: B

General Science courses

- **BIO 100 – Zoology, BIO 104 – General Biology, or BIO 120 – Microbiology**
  - Minimum grade expectation: C
- **CHE 120 – General Chemistry with lab**
  - Minimum grade expectation: C

Mathematics courses

- **MAT 122 – Precalculus**
  - Minimum grade expectation: C

What are your responsibilities as a Pre-Sport Science student? Achieve the academic requirements!

During your first few semesters at Southern, you must do the following:

1) ***Overall university GPA: minimum 2.50, which equates to a C+/B- average (a 2.49 will not be accepted)***

2) Successful completion of the following core courses (***GPA of 2.70 or higher for these 8 courses and no single grade lower than C-)***, which you will need to complete before program acceptance:

Introductory courses

- **HMS 160 – Intro to Exercise and Sport Science**
  - Minimum grade expectation: B+
- **PCH 200 – Intro to Nutrition**
  - Minimum grade expectation: B+
- **PSY 100 – Intro to Psychology**
  - Minimum grade expectation: B+

Anatomy & Physiology courses

- **BIO 200 or HMS 281 – Human Anatomy & Physiology I**
  - Minimum grade expectation: B
- **BIO 201 or HMS 282 – Human Anatomy & Physiology II**
  - Minimum grade expectation: B

General Science courses

- **BIO 100 – Zoology, BIO 104 – General Biology, or BIO 120 – Microbiology**
  - Minimum grade expectation: C
- **PHY 103 – Physics for Technology & Healthcare Professions**
  - Minimum grade expectation: C

Mathematics courses

- **MAT 107 – Elementary Statistics or MAT 122 – Precalculus**
  - Minimum grade expectation: C

How do you get accepted into the Exercise and Sport Science Program?
You make formal application!

Once the last of the above coursework is in the process of completion (typically, during the second semester of the 2nd year of courses), you will make formal application to the Exercise and Sport Science program, which includes the following:

a. Introductory typed essay presented to the faculty demonstrating a command of the English language. This essay MUST include long- and short-term career/professional goals, and a statement of justification for program entry.
b. Résumé
c. Letters of recommendation (2); can come from employers, coaches, high school teachers, guidance counselors, or college faculty OUTSIDE of the Exercise and Sport Science program. **No friends or family members**.
d. SCSU transcript (unofficial copy from Banner Web is acceptable)
e. Official transcript from other institutions (if applicable)
f. Interview with faculty panel to express proper attitudes and dispositions for the professional Exercise and Sport Science program

How to apply: **You will apply electronically by submitting the above materials through our online application portal, Qualtrics. You will be provided with the link to the application in the semester in which you apply.**

Application deadlines:

If you are applying during the FALL semester, materials in criteria a-e must be submitted online via Tk20 by 5:00pm ET on October 1st .

If you are applying during the SPRING semester, materials in criteria a-e must be submitted online via Tk20 by 5:00pm ET on March 1st

****These deadlines are important! No applications will be accepted after the deadline. If you miss the deadline, it will delay your acceptance into the Exercise and Sport Science program, and will prevent you from registering for upper-level HMS courses.***

Individual Interviews

Personal interviews will be scheduled during the week following application deadlines. These interviews will be conducted by at least one faculty member and one graduate student. Interview tips:

- **Students should report to the interview with appropriate, business professional dress.**
- **Prepare questions for the interviewers.**
- **Be prepared with knowledge about the faculty, program, and required coursework.**
- **The purpose of the interview is for the student to demonstrate to the faculty the appropriate attitude and disposition needed for success in the exercise and sport sciences.**

Instructions for Submitting an Application

Remember that the application MUST be submitted electronically! Please follow the information below to submit your ESS admission application electronically:

1. You will be provided with the link to Qualtrics to submit your application in the semester in which you apply. Once you access the application, there are fields to upload the materials of your application:

- ***Personal essay*** *highlighting your short- and long-term academic and professional goals, a brief story of how you became interested in the field, and a statement justifying why you are deserving to be accepted into the Exercise and Sports Science professional program.*
- ***Professional resume***
- ***Transcripts*** *(from SCSU and any transferred institutions)*

Please note that the 2 letters of recommendation are the only items you will not upload into Qualtrics. You must have them emailed directly to Dr. Lunn at lunnw1@southernct.edu.

Remember to actually **upload** all of the materials above, and indicate your preferred interview times.

Be aware of the due dates and times: **typically, March 1, 5:00pm ET for spring applications, and October 1, 5:00pm ET for fall applications.** You will NOT be able to submit an application after that time!

Note that if March 1 or October 1 falls on a weekend, the due date will be extended to the following Monday.

****** If you miss the application deadline, and there is not a legitimate, documented reason, you must wait until the next semester to apply. There are no exceptions.***

What happens if you are rejected from the ESS Program?

Yes, that is a possibility- rejection from the program. This can happen for a few reasons:

- ***Unable to achieve minimum overall GPA*** (2.50 for Sport Science concentration; 2.70 for Allied Health concentration)
- ***Unable to achieve minimum core course GPA*** (2.70 for both concentrations)
- ***Unable to achieve minimum grade for core courses*** (C-)
- ***Withdrawal from a core course during the semester of your application.***
- ***Failure to demonstrate proper attitude and disposition*** needed for success in professional Movement Science environment, ***evaluated by the faculty during the interview process.*** Examples of this deficiency include:
    - failure to answer questions from the interview panel
    - very poorly-written essay with no attention to the theme of the essay
    - missing the interview with no reasonable explanation
    - demonstration of apathy during interview

In any of the above cases, **you still have the opportunity to gain acceptance into the ESS program**. Below are the steps to take in each situation:

1) **Overall GPA is insufficient**: you may retake courses for a grade replacement in order to increase your overall GPA.
2) **Core course GPA is insufficient**: you may retake courses for a grade replacement to increase the core course GPA.
3) **Individual core course grade is insufficient**: you may retake courses for a grade replacement.
4) **Improper attitude and disposition**: you may reapply the following semester and complete the application and interview process again.

Note that only in scenario #4 would you need to actually reapply and re-interview. For scenarios 1-3, since you had already performed a successful interview, you need only retake courses to gain acceptance- you do NOT need to reapply.

If I successfully interview, but I don't achieve the overall GPA, core course GPA, or core course minimum grade standards that semester, can I still take upper-level HMS courses the next semester?

Yes, but with restrictions: if you do not meet the course grade or GPA standards when you apply, you are ***allowed one probationary semester*** (the following semester) during which you can take some upper-level HMS courses while you retake courses to correct the grade deficiency. **Your HMS courses are limited to HMS 301, HMS 380, HMS 383, HMS 384, and HMS 387**. If you still have not corrected the grade deficiency by the end of that probationary semester, you will not be able to take any more upper-level HMS courses as an ESS major.

*****Please note that if you withdraw from a core course in the semester in which you apply for program acceptance, you will NOT be eligible for a probationary semester. You must actually complete the core courses (even with grades less than a C-) to be eligible for a probationary semester.**

Now that you are accepted into the ESS Program, now what? Maintain your grades and develop yourself professionally!

If accepted into the Exercise and Sport Science program, the program coordinator will notify the registrar of accepted students, and the registrar will change the student's designation to full "Allied Health" or full "Sport Science" status. ***This status must be attained in order to register for 300- and 400-level Exercise and Sport Science-required courses. You will not be allowed to register for those upper-level courses until you have applied and are accepted into the program.***

1) **Once formally accepted, you must be aware of two very important academic requirements in order to graduate:**

   a. **Maintaining minimum overall university GPA of 2.50 (Sport Science), or 2.70 (Allied Health)**

   b. **No 300- and 400-level HMS course grades lower than C**

2) **Near the end of your degree program, you will complete the Exercise and Sport Science Internship:**

   a. Requires successful completion of HMS 387: Standard First Aid and Personal Safety (both concentrations) and HMS 455: Sport Science & Performance Technology (Sport Science program) or HMS 488: Exercise Testing & Prescription (Allied Health program)
   b. Involves 300 hours of shadowing a professional in the field
   c. More details on following page and in Internship Handbook

3) **Become active in the student Exercise Physiology Club, where you'll be encouraged to increase professional activity such as workshop or regional/national conference attendance**

The Exercise Physiology Club meets on Mondays or Wednesdays (depending on the semester) from 1:00-2:00pm

Club faculty advisor: Dr. Axtell (axtellr1@southernct.edu)

PURPOSE OF EXERCISE AND SPORT SCIENCE INTERNSHIP

The purpose of the Exercise and Sport Science (ESS) Internship experience is to provide students with practical situations under the skilled supervision of a fitness, performance, or clinical professional. During the Internship period, the students will be involved in both the instructional and administrative aspects of a fitness, performance, or clinical program. Upon completion of the experience, the students will have been exposed to as many phases of the program as possible. The Health & Movement Sciences / ESS student should have a comprehensive understanding of the responsibilities of the professional within the professional setting. Every effort will be made to assure the student a successful experience. The degree of satisfaction and success may influence a student's decision to remain in ESS or leave it for other endeavors. The directed Internship experience has been planned so that the student will have experiences which lead to the following:

1.The utilization of effective exercise procedures through observation and practice.
2.The ability to plan, execute and evaluate personal fitness, performance, or rehabilitation progress.
3.The development of communication skills with clients through individual and group activities.
4.An application of scientific theory in a supervised environment.
5.A better understanding of the total professional environment, including the cooperative responsibilities of the student from an administrative and the fitness specialist's point of view.

******A written project related to responsibilities at the internship site is required of all students.***

You will apply to the internship through Tk20, similarly to applying to the ESS program. Much more detail is found in the Exercise and Sport Science Internship Handbook, which is available to you through Prof. Amanda Strong, the internship coordinator (stronga4@southernct.edu).

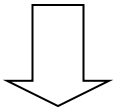
POTENTIAL INTERNSHIP SITES

A wide variety of internship sites are available choices for Exercise and Sport Science students. These facilities include fitness centers, medical clinics, corporate wellness sites and agencies. Some examples are:

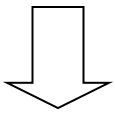
SCSU Human Performance Laboratory, New Haven, CT
SCSU Fitness Center, New Haven, CT
John B. Pierce Laboratory, New Haven, CT
Yale-New Haven Hospital- Pediatric Cardiology, New Haven, CT
US Army Research Institute for Environmental Medicine, Natick, MA
Bright Bodies Weight Management Program for Children, New Haven, CT
Ranfone Training Systems, Hamden, CT
St. Francis Hospital, Hartford, CT
Griffin Hospital, Derby, CT
MB Sports, North Branford, CT
Connecticut Speed School, Milford, CT
CT Orthopedic Specialists, New Haven, CT
Alhbin Center of Rehabilitation, Stratford, CT
Yale University Strength & Conditioning, New Haven, CT
SCSU Strength & Conditioning, New Haven, CT
Quinnipiac Strength & Conditioning, Hamden, CT
Yale School of Medicine Cancer Centre, New Haven, CT
Amity Physical Therapy, Woodbridge, CT
Jewish Community Center, Woodbridge, CT
St. Vincent's Medical Center, Bridgeport, CT

Summary Flow Chart of your Academic Path in ESS

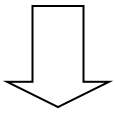
Begin Exercise and Sport Science program (as a first-year student, transfer, or change of major)



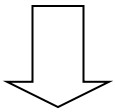
Select concentration (pre-Allied Health or pre-Sport Science)



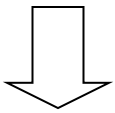
Complete HMS 160 course to familiarize yourself with our program, faculty, and professional opportunities in our field



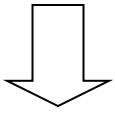
Complete remaining core coursework and achieve academic standards



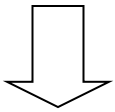
Formally apply to program



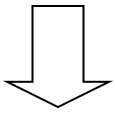
Interview with faculty



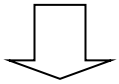
Achieve formal acceptance!



Maintain academic standards (complete upper-level HMS courses)



Apply to and complete internship



Graduate!

FOUR-YEAR PLANNED PROGRAM – SPORT SCIENCE CONCENTRATION

*Depending on results of placement into English composition, foreign language, and mathematics, up to one English class, two foreign language classes, and two mathematics classes may be necessary before registering for ENG 112, WDL 200, and MAT 122. If ENG 112, WDL 200, and MAT 122 can be completed earlier in the planned program, other LEP courses suggested in the 3rd and 4th years can be completed earlier.

1. Remember "W" course requirement (3 courses total; 1 is included in ESS curriculum)
2. All students should take the English, foreign language, and math placement exams early.
3. Admission to the Exercise and Sport Science program is required before ESS-required 300- or 400-level HMS courses are taken (except HMS 380 and HMS 387).

Year 1, Fall	**Credits (15)**
HMS 160 – Intro to Exercise & Sport Science	(3)
LEP Foundations: INQ 101	(3)
LEP Foundations: Quant Reasoning prereq	(3)
LEP Foundations: Written Comm prereq	(3)
elective	(3)

Year 1, Spring	**Credits (15-16)**
PCH 200 – Intro to Nutrition	(3)
LEP Foundations: MAT 107 or MAT 122	(3-4)
LEP Foundations:ENG 112–English Composition	(3)
LEP Explorations: PSY 100– Intro to Psychology	(3)
elective	(3)

Year 2, Fall	**(13-15)**
HMS 204 – Field Exp in Group Ex Instruction	(1)
HMS 281 or BIO 200 – Anatomy & Phys I	(3-4)
LEP Foundations: PHY 103	(3)
LEP Explorations: BIO 100 or 120	(3-4)
LEP Explorations	(3)

Year 2, Spring	**(15-16)**
HMS 282 or BIO 201 – Anatomy & Phys II	(3-4)
HMS 283 – Functional Anatomy	(3)
LEP Foundations: WDL 200	(3)
LEP Explorations	(3)
LEP Explorations	(3)

*****formally apply to Exercise and Sport Science program here**

Year 3, Fall	**(15)**
HMS 383 - Biomechanics	(3)
HMS 384 – Exercise Physiology I	(3)
HMS 421 – Organization & Admin. in ESS	(3)
HMS 485 – Measurement & Stats in EXS	(3)
LEP Explorations	(3)

Year 3, Spring	**(16)**
HMS 392 – Cond. For Strength & Human Perf	(3)
HMS 387 – Stand. First Aid/Personal Safety	(1)
HMS 401 – Exercise for Special Populations	(3)
LEP Explorations	(3)
LEP Explorations	(3)
LEP Expolorations	(3)

Year 4, Fall	**(15)**
HMS 301 – Exercise and Sport Nutrition	(3)
HMS 380W – Sport Psychology	(3)
HMS 455 – Sport Sci & Performance Tech	(3)
elective	(3)
elective	(3)

Year 4, Spring	**(12)**
HMS 497 – Internship	(6)
PSY 228 - Personality	(3)
elective	(3)

Total credits: 120

FOUR-YEAR PLANNED PROGRAM – ALLIED HEALTH CONCENTRATION

*Depending on results of placement into English composition, foreign language, and mathematics, up to one English class, two foreign language classes, and two mathematics classes may be necessary before registering for ENG 112, WDL 200, and MAT 122. If ENG 112, WDL 200, and MAT 122 can be completed earlier in the planned program, other LEP courses suggested in the 3rd and 4th years can be completed earlier.

4. Remember "W" course requirement (3 courses total; 2 are included in ESS curriculum)
5. All students should take the English, foreign language, and math placement exams early.
6. Admission to the Exercise and Sport Science program is required before ESS-required 300- or 400-level HMS courses are taken (except HMS 380 and HMS 387).

Year 1, Fall	**Credits (15)**
HMS 160 – Intro to Exercise & Sport Science	(3)
LEP Foundations: INQ 101	(3)
LEP Foundations: Quant Reasoning prereq	(3)
LEP Foundations: Written Comm prereq	(3)
elective	(3)

Year 1, Spring	**Credits (16)**
PCH 200 – Intro to Nutrition	(3)
LEP Foundations: MAT 122	(4)
LEP Foundations:ENG 112–English Composition	(3)
LEP Explorations: PSY 100– Intro to Psychology	(3)
elective	(3)

Year 2, Fall	**(17)**
BIO 200 – Anatomy & Physiology I	(4)
LEP Tier 1: Tech Fluency	(3)
LEP Foundations	(3)
LEP Explorations: CHE 120 – General Chem	(4)
Elective	(3)

Year 2, Spring	**(16-17)**
BIO 201 – Anatomy & Phys II	(4)
HMS 283 – Functional Anatomy	(3)
LEP Foundations: WDL 200	(3)
LEP Explorations BIO 100 or 120	(3-4)
LEP Explorations	(3)

*****formally apply to Exercise and Sport Science program here**

Year 3, Fall	**(16)**
HMS 384 – Exercise Physiology I	(3)
HMS 421 – Organization & Admin. in ESS	(3)
HMS 485 – Measurement & Stats in EXS	(3)
PHY 200/230 – General Physics	(4)
LEP Explorations	(3)

Year 3, Spring	**(16)**
HMS 383 – Biomechanics	(3)
HMS 389 – Exercise Physiology II	(3)
HMS 488W – Exercise Testing & Prescription	(4)
LEP Explorations	(3)
LEP Explorations	(3)

Year 4, Fall	**(13)**
HMS 301 – Exercise and Sport Nutrition	(3)
HMS 380 – Sport Psychology	(1)
HMS 411 – Pathophysiology & Pharmacology	(3)
HMS 380W – Sport Psychology	(3)
elective	(3)

Year 4, Spring	**(12)**
HMS 497 – Internship	(6)
HMS 392 - Cond. For Strength & Human Perf	(3)
elective	(3)

Total credits: 120

FOUR-YEAR PLANNED PROGRAM – ALLIED HEALTH CONCENTRATION PRE-PHYSICAL THERAPY

Year 1, Fall	**Credits (17)**
HMS 160 – Intro to Exercise & Sport Science	(3)
LEP Foundations: INQ 101	(3)
LEP Foundations	(3)
LEP Foundations: MAT 122 – ***Precalculus***	(4)
LEP Explorations CHE 120 – ***General Chem***	(4)

Year 1, Spring	**Credits (16)**
PCH 200 – Intro to Nutrition	(3)
CHE 121 – ***General Chemistry II***	(4)
LEP Foundations: ENG 112 – English Comp	(3)
LEP Explorations: PSY 100 –***Intro to Psychology***	(3)
LEP Foundations: WDL 200	(3)

Year 2, Fall	**(17)**
BIO 200 – ***Anatomy & Physiology I with lab***	(4)
LEP Foundations: Tech Fluency	(3)
LEP Explorations	(3)
LEP Explorations: BIO 102 –***Biology I***	(4)
PSY elective	(3)

Year 2, Spring	**(16)**
BIO 201 – ***Anatomy & Phys II with lab***	(4)
HMS 283 – Functional Anatomy	(3)
LEP Explorations	(3)
LEP Explorations	(3)
LEP Explorations	(3)

*****formally apply to Exercise and Sport Science program here**

Year 3, Fall	**(16)**
HMS 384 – Exercise Physiology I	(3)
HMS 421 – Organization & Admin. in ESS	(3)
HMS 485 – ***Measurement & Stats in EXS***	(3)
PHY 200/230 – ***General Physics I***	(4)
LEP Foundations	(3)

Year 3, Spring	**(17)**
HMS 383 – Biomechanics	(3)
HMS 389 – Exercise Physiology II	(3)
HMS 488W – Exercise Testing & Prescription	(4)
PHY 201 – ***General Physics II***	(4)
LEP Explorations	(3)

Year 4, Fall	**(13)**
HMS 301 – Exercise and Sport Nutrition	(3)
HMS 387 – Stand. First Aid/Personal Safety	(1)
HMS 411 – Pathophysiology & Pharmacology	(3)
HMS 380W – Sport Psychology	(3)
elective	(3)

Year 4, Spring	**(12)**
HMS 497 – Internship	(6)
HMS 392 - Cond. For Strength & Human Perf	(3)
elective	(3)

Total credits: 124

Bold & italicized = physical therapy school prerequisite

* **<u>The four-year planned program for Pre-Physical Therapy is designed for students who do NOT need to satisfy all prerequisites for the English, foreign language, and mathematics requirements</u>** (i.e., they have tested into and can immediately register for ENG 112, WDL 200, and MAT 122).

1. Remember "W" course requirement
2. All students should take the English, foreign language, and math placement exams early
3. Application for admission to the human performance program is required

FOUR-YEAR PLANNED PROGRAM – ALLIED HEALTH CONCENTRATION PRE-OCCUPATIONAL THERAPY

Year 1, Fall	**Credits (15)**
HMS 160 – Intro to Exercise & Sport Science	(3)
LEP Foundations: INQ 101	(3)
LEP Foundations	(3)
LEP Foundations: MAT 122 – Precalculus	(4)
elective	(3)

Year 1, Spring	**Credits (16)**
PCH 200 – Intro to Nutrition	(3)
LEP Explorations	(3)
LEP Foundations ENG 112 – English Comp	(3)
LEP Explorations: PSY 100 – ***Intro to Psych***	(3)
LEP Foundations: WDL 200	(3)

Year 2, Fall	**(17)**
BIO 200 – ***Anatomy & Physiology I with lab***	(4)
LEP Foundations: Tech Fluency	(3)
LEP Explorations	(3)
LEP Explorations BIO 104 – ***General Biology***	(4)
PSY elective	(3)

Year 2, Spring	**(17)**
BIO 201 – ***Anatomy & Phys II with lab***	(4)
HMS 283 – Functional Anatomy	(3)
LEP Explorations: CHE 120 – General Chem	(4)
LEP Explorations	(3)
LEP Explorations	(3)

*****formally apply to Exercise and Sport Science program here**

Year 3, Fall	**(16)**
HMS 384 – Exercise Physiology I	(3)
HMS 421 – Organization & Admin. in ESS	(3)
HMS 485 – Measurement & Stats in EXS	(3)
PHY 200/230 – General Physics I	(4)
PSY elective	(3)

Year 3, Spring	**(16)**
HMS 383 – Biomechanics	(3)
HMS 389 – Exercise Physiology II	(3)
HMS 488W – Exercise Testing & Prescription	(4)
PSY elective	(3)
LEP Foundations	(3)

Year 4, Fall	**(13)**
HMS 301 – Exercise and Sport Nutrition	(3)
HMS 387 – Stand. First Aid/Personal Safety	(1)
HMS 411 – Pathophysiology & Pharmacology	(3)
HMS 380W – Sport Psychology	(3)
LEP Explorations	(3)

Year 4, Spring	**(12)**
LEP Tier 3: HMS 497 – Internship	(6)
HMS 392 - Cond. For Strength & Human Perf	(3)
Elective – ***MAT 107 Elementary Statistics***	(3)

Total credits: 122

Bold & italicized = occupational therapy school prerequisite

* **<u>The four-year planned program for Pre-Occupational Therapy is designed for students who do NOT need to satisfy all prerequisites for the English, foreign language, and mathematics requirements</u>** (i.e., they have tested into and can immediately register for ENG 112, WDL 200, and MAT 122).

1. Remember "W" course requirement
2. All students should take the English, foreign language, and math placement exams early
3. Application for admission to the human performance program is required

FOUR-YEAR PLANNED PROGRAM – ALLIED HEALTH CONCENTRATION PRE-PHYSICIAN ASSISTANT

NOTE: Students in the pre-PA track must declare a BIO minor in order to register for BIO 102, 103, and 220

Year 1, Fall	**Credits (16)**
HMS 160 – Intro to Exercise & Sport Science	(3)
LEP Foundations: INQ 101	(3)
LEP Foundations	(3)
LEP Foundations: MAT 122 – ***Precalculus***	(4)
LEP Explorations CHE 120 – ***General Chem***	(4)

Year 1, Spring	**Credits (16)**
PCH 200 – Intro to Nutrition	(3)
CHE 121 – ***General Chemistry II***	(4)
LEP Foundations: ENG 112 – English Comp	(3)
LEP Explorations: PSY 100 –***Intro to Psychology***	(3)
LEP Foundations: WDL 200	(3)

Year 2, Fall	**(17)**
BIO 200 – ***Anatomy & Physiology I with lab***	(4)
LEP Foundations: Tech Fluency	(3)
LEP Explorations	(3)
LEP Explorations: BIO 102 –***Biology I***	(4)
LEP Explorations	(3)

Year 2, Spring	**(17)**
BIO 201 – ***Anatomy & Phys II with lab***	(4)
HMS 283 – Functional Anatomy	(3)
BIO 103 –***Biology II***	(4)
LEP Explorations	(3)
LEP Explorations	(3)

*****formally apply to Exercise and Sport Science program here**

Year 3, Fall	**(17)**
HMS 384 – Exercise Physiology I	(3)
HMS 421 – Organization & Admin. in ESS	(3)
HMS 485 – Measurement & Stats in EXS	(3)
PHY 200/230 – General Physics I	(4)
CHE 260 – ***Organic Chemistry I***	(4)

Year 3, Spring	**(17)**
HMS 383 – Biomechanics	(3)
HMS 389 – Exercise Physiology II	(3)
HMS 301 – Exercise and Sport Nutrition	(3)
CHE 261 – ***Organic Chemistry II***	(4)
BIO 120 - ***Microbiology***	(4)

Year 4, Fall	**(16)**
HMS 488W – Exercise Testing & Prescription	(4)
HMS 387 – Stand. First Aid/Personal Safety	(1)
HMS 411 – Pathophysiology & Pharmacology	(3)
CHE 450 - ***Biochemistry***	(4)
BIO 220 - ***Genetics***	(4)

Year 4, Spring	**(12)**
HMS 497 – Internship	(6)
HMS 392 - Cond. For Strength & Human Perf	(3)
HMS 380W – Sport Psychology	(3)

Total credits: 128
Bold & italicized = physician assistant school prerequisite

* **The four-year planned program for Pre-Physician Assistant is designed for students who do NOT need to satisfy all prerequisites for the English, foreign language, and mathematics requirements** (i.e., they have tested into and can immediately register for ENG 112, WDL 200, and MAT 122).

1. Remember "W" course requirement
2. All students should take the English, foreign language, and math placement exams early
3. Application for admission to the human performance program is required

FOUR-YEAR PLANNED PROGRAM – ALLIED HEALTH CONCENTRATION PRE-CHIROPRACTIC

Year 1, Fall	**Credits (17)**
HMS 160 – Intro to Exercise & Sport Science	(3)
LEP Foundations: INQ 101	(3)
LEP Foundations	(3)
LEP Foundations: MAT 122 – ***Precalculus***	(4)
LEP Explorations CHE 120 – ***General Chem***	(4)

Year 1, Spring	**Credits (16)**
PCH 200 – Intro to Nutrition	(3)
elective	(3)
LEP Foundations: ENG 112 – English Comp	(3)
LEP Explorations: PSY 100 –***Intro to Psychology***	(3)
LEP Foundations: WDL 200	(3)

Year 2, Fall	**(16-17)**
BIO 200 – ***Anatomy & Physiology I with lab***	(4)
LEP Foundations: Tech Fluency	(3)
LEP Explorations	(3)
LEP Explorations: BIO 100 or 104	(3-4)
LEP Foundations	(3)

Year 2, Spring	**(16)**
BIO 201 – ***Anatomy & Phys II with lab***	(4)
HMS 283 – ***Functional Anatomy***	(3)
LEP Explorations	(3)
LEP Explorations	(3)
LEP Explorations	(3)

*****formally apply to Exercise and Sport Science program here**

Year 3, Fall	**(16)**
HMS 384 – Exercise Physiology I	(3)
HMS 421 – Organization & Admin. in ESS	(3)
HMS 485 – ***Measurement & Stats in EXS***	(3)
PHY 200/230 – ***General Physics I***	(4)
LEP Tier 2	(3)

Year 3, Spring	**(16)**
HMS 383 – ***Biomechanics***	(3)
HMS 389 – Exercise Physiology II	(3)
HMS 488W – Exercise Testing & Prescription	(4)
elective	(3)
elective	(3)

Year 4, Fall	**(13)**
HMS 301 – Exercise and Sport Nutrition	(3)
HMS 387 – Stand. First Aid/Personal Safety	(1)
HMS 411 – Pathophysiology & Pharmacology	(3)
HMS 380W – Sport Psychology	(3)
elective	(3)

Year 4, Spring	**(12)**
HMS 497 – Internship	(6)
HMS 392 - Cond. For Strength & Human Perf	(3)
elective	(3)

Total credits: 122-123
Bold & italicized = chiropractic school prerequisite

* **<u>The four-year planned program for Pre-Chiropractic is designed for students who do NOT need to satisfy all prerequisites for the English, foreign language, and mathematics requirements</u>** (i.e., they have tested into and can immediately register for ENG 112, WDL 200, and MAT 122).

1. Remember "W" course requirement
2. All students should take the English, foreign language, and math placement exams early
3. Application for admission to the human performance program is required

4+1 B.S. to M.S. PLANNED PROGRAM
ALLIED HEALTH to HUMAN PERFORMANCE

Year 1, Fall	**Credits (15)**
HMS 160 – Intro to Exercise & Sport Science	(3)
LEP Foundations: INQ 101	(3)
LEP Foundations: Quant Reasoning prereq	(3)
LEP Foundations: Written Comm prereq	(3)
elective	(3)

Year 1, Spring	**Credits (16)**
PCH 200 – Intro to Nutrition	(3)
LEP Foundations: MAT 122	(4)
LEP Foundations:ENG 112–English Composition	(3)
LEP Explorations: PSY 100– Intro to Psychology	(3)
elective	(3)

Year 2, Fall	**(14)**
BIO 200 – Anatomy & Physiology I	(4)
LEP Tier 1: Tech Fluency	(3)
LEP Foundations	(3)
LEP Explorations: CHE 120 – General Chem	(4)

Year 2, Spring	**(16-17)**
BIO 201 – Anatomy & Phys II	(4)
HMS 283 – Functional Anatomy	(3)
LEP Foundations: WDL 200	(3)
LEP Explorations BIO 100 or 120	(3-4)
LEP Explorations	(3)

*****formally apply to Exercise and Sport Science program here**

Year 3, Fall	**(16)**
HMS 384 – Exercise Physiology I	(3)
HMS 421 – Organization & Admin. in ESS	(3)
HMS 485 – Measurement & Stats in EXS	(3)
PHY 200/230 – General Physics	(4)
LEP Explorations	(3)

Year 3, Spring	**(16)**
HMS 383 – Biomechanics	(3)
HMS 389 – Exercise Physiology II	(3)
HMS 488W – Exercise Testing & Prescription	(4)
LEP Explorations	(3)
LEP Explorations	(3)

Year 4, Fall	**(13)**
HMS 301 – Exercise and Sport Nutrition	(3)
HMS 387 – Stand. First Aid/Personal Safety	(1)
HMS 411 – Pathophysiology & Pharmacology	(3)
HMS 380W – Sport Psychology	(3)
HMS 554 – Research Methods	(3)

Year 4, Spring	**(12)**
HMS 497 – Internship	(6)
HMS 392 - Cond. for Strength & Human Perf	(3)
HMS 552 – Biomechanics & Applied Kinesiology	(3)

Year 1 (MS), Fall	**(12)**
HMS 558 – Advanced Exercise Physiology	(3)
HMS 589 – Exercise Prescrip for Diverse Pop	(3)
HMS 574 – Cardiac Rehabilitation	(3)
elective	(3)

Year 1 (MS), Spring	**(12)**
HMS 565 – Advanced Strength & Conditioning*	(3)
HMS 571 – Lab Techniques in Exs Test &Prescrip*	(3)
HMS 595 – Internship in Health & Movement Sci	(3)
Elective	(3)

Bold & italicized = graduate course

*HMS 565 is only offered during the summers, and can be taken during the summer between final undergrad spring semester and first grad fall semester, or during the summer following the final grad spring semester.

**An elective can substitute HMS 571 for students who successfully completed the undergraduate HMS 488 Exercise Testing & Prescription course.

4+1 B.S. to M.S. PLANNED PROGRAM
SPORT SCIENCE to HUMAN PERFORMANCE

Year 1, Fall	**Credits (15)**
HMS 160 – Intro to Exercise & Sport Science	(3)
LEP Foundations: INQ 101	(3)
LEP Foundations: Quant Reasoning prereq	(3)
LEP Foundations: Written Comm prereq	(3)
elective	(3)

Year 1, Spring	**Credits (15-16)**
PCH 200 – Intro to Nutrition	(3)
LEP Foundations: MAT 107 or MAT 122	(3-4)
LEP Foundations:ENG 112–English Composition	(3)
LEP Explorations: PSY 100– Intro to Psychology	(3)
elective	(3)

Year 2, Fall	**(13-15)**
HMS 204 – Field Exp in Group Ex Instruction	(1)
HMS 281 or BIO 200 – Anatomy & Phys I	(3-4)
LEP Foundations: PHY 103	(3)
LEP Explorations: BIO 100 or 120	(3-4)
LEP Explorations	(3)

Year 2, Spring	**(15-16)**
HMS 282 or BIO 201 – Anatomy & Phys II	(3-4)
HMS 283 – Functional Anatomy	(3)
LEP Foundations: WDL 200	(3)
LEP Explorations	(3)
LEP Explorations	(3)

*****formally apply to Exercise and Sport Science program here**

Year 3, Fall	**(15)**
HMS 383 - Biomechanics	(3)
HMS 384 – Exercise Physiology I	(3)
HMS 421 – Organization & Admin. in ESS	(3)
HMS 485 – Measurement & Stats in EXS	(3)
LEP Explorations	(3)

Year 3, Spring	**(16)**
HMS 392 – Cond. For Strength & Human Perf	(3)
HMS 387 – Stand. First Aid/Personal Safety	(1)
HMS 401 – Exercise for Special Populations	(3)
LEP Explorations	(3)
LEP Explorations	(3)
LEP Expolorations	(3)

Year 4, Fall	**(15)**
HMS 301 – Exercise and Sport Nutrition	(3)
HMS 455 – Sport Sci & Performance Tech	(3)
elective	(3)
HMS 380W – Sport Psychology	(3)
HMS 554 – Research Methods	(3)

Year 4, Spring	**(12)**
HMS 497 – Internship	(6)
PSY 228 - Personality	(3)
HMS 552 – Biomechanics & Applied Kinesiology	(3)

Year 1 (MS), Fall	**(12)**
HMS 558 – Advanced Exercise Physiology	(3)
HMS 589 – Exercise Prescrip for Diverse Pop	(3)
HMS 574 – Cardiac Rehabilitation	(3)
elective	(3)

Year 1 (MS), Spring	**(12)**
HMS 565 – Advanced Strength & Conditioning*	(3)
HMS 571 – Lab Techniques in Exs Test &Prescrip	(3)
HMS 595 – Internship in Health & Movement Sci	(3)
Elective	(3)

Bold & italicized = graduate course

*HMS 565 is only offered during the summers, and can be taken during the summer between final undergrad spring semester and first grad fall semester, or during the summer following the final grad spring semester.

4+1 B.S. to M.S. PLANNED PROGRAM
ALLIED HEALTH to CLINICAL EXERCISE PHYSIOLOGY

Year 1, Fall	**Credits (15)**
HMS 160 – Intro to Exercise & Sport Science	(3)
LEP Foundations: INQ 101	(3)
LEP Foundations: Quant Reasoning prereq	(3)
LEP Foundations: Written Comm prereq	(3)
elective	(3)

Year 1, Spring	**Credits (16)**
PCH 200 – Intro to Nutrition	(3)
LEP Foundations: MAT 122	(4)
LEP Foundations:ENG 112–English Composition	(3)
LEP Explorations: PSY 100– Intro to Psychology	(3)
elective	(3)

Year 2, Fall	**(14)**
BIO 200 – Anatomy & Physiology I	(4)
LEP Tier 1: Tech Fluency	(3)
LEP Foundations	(3)
LEP Explorations: CHE 120 – General Chem	(4)

Year 2, Spring	**(16-17)**
BIO 201 – Anatomy & Phys II	(4)
HMS 283 – Functional Anatomy	(3)
LEP Foundations: WDL 200	(3)
LEP Explorations BIO 100 or 120	(3-4)
LEP Explorations	(3)

*****formally apply to Exercise and Sport Science program here**

Year 3, Fall	**(16)**
HMS 384 – Exercise Physiology I	(3)
HMS 421 – Organization & Admin. in ESS	(3)
HMS 485 – Measurement & Stats in EXS	(3)
PHY 200/230 – General Physics	(4)
LEP Explorations	(3)

Year 3, Spring	**(16)**
HMS 383 – Biomechanics	(3)
HMS 389 – Exercise Physiology II	(3)
HMS 488W – Exercise Testing & Prescription	(4)
LEP Explorations	(3)
LEP Explorations	(3)

Year 4, Fall	**(13)**
HMS 301 – Exercise and Sport Nutrition	(3)
HMS 387 – Stand. First Aid/Personal Safety	(1)
HMS 411 – Pathophysiology & Pharmacology	(3)
HMS 380W – Sport Psychology	(3)
HMS 554 – Research Methods	(3)

Year 4, Spring	**(12)**
HMS 497 – Internship	(6)
HMS 392 - Cond. for Strength & Human Perf	(3)
HMS 578 – Behavior Change in Health & PA	(3)

Year 1 (MS), Fall	**(12)**
HMS 558 – Advanced Exercise Physiology	(3)
HMS 589 – Exercise Prescrip for Diverse Pop	(3)
HMS 574 – Cardiac Rehabilitation	(3)
elective	(3)

Year 1 (MS), Spring	**(12)**
HMS 552 – Biomechanics & Applied Kinesiology	(3)
HMS 571 – Lab Techniques in Exs Test &Prescrip**	(3)
HMS 599 – Special Topics in Clinical Exercise Phys	(1)
Elective	(3)
HMS 600 – Independent Study	(3)

Bold & italicized = graduate course

**An elective can substitute HMS 571 for students who successfully completed the undergraduate HMS 488 Exercise Testing & Prescription course.

4+1 B.S. to M.S. PLANNED PROGRAM
SPORT SCIENCE to CLINICAL EXERCISE PHYSIOLOGY

Year 1, Fall	**Credits (15)**
HMS 160 – Intro to Exercise & Sport Science	(3)
LEP Foundations: INQ 101	(3)
LEP Foundations: Quant Reasoning prereq	(3)
LEP Foundations: Written Comm prereq	(3)
elective	(3)

Year 1, Spring	**Credits (15-16)**
PCH 200 – Intro to Nutrition	(3)
LEP Foundations: MAT 107 or MAT 122	(3-4)
LEP Foundations:ENG 112–English Composition	(3)
LEP Explorations: PSY 100– Intro to Psychology	(3)
elective	(3)

Year 2, Fall	**(13-15)**
HMS 204 – Field Exp in Group Ex Instruction	(1)
HMS 281 or BIO 200 – Anatomy & Phys I	(3-4)
LEP Foundations: PHY 103	(3)
LEP Explorations: BIO 100 or 120	(3-4)
LEP Explorations	(3)

Year 2, Spring	**(15-16)**
HMS 282 or BIO 201 – Anatomy & Phys II	(3-4)
HMS 283 – Functional Anatomy	(3)
LEP Foundations: WDL 200	(3)
LEP Explorations	(3)
LEP Explorations	(3)

*****formally apply to Exercise and Sport Science program here**

Year 3, Fall	**(15)**
HMS 383 - Biomechanics	(3)
HMS 384 – Exercise Physiology I	(3)
HMS 421 – Organization & Admin. in ESS	(3)
HMS 485 – Measurement & Stats in EXS	(3)
LEP Explorations	(3)

Year 3, Spring	**(16)**
HMS 392 – Cond. For Strength & Human Perf	(3)
HMS 387 – Stand. First Aid/Personal Safety	(1)
HMS 401 – Exercise for Special Populations	(3)
LEP Explorations	(3)
LEP Explorations	(3)
LEP Expolorations	(3)

Year 4, Fall	**(15)**
HMS 301 – Exercise and Sport Nutrition	(3)
HMS 455 – Sport Sci & Performance Tech	(3)
elective	(3)
HMS 380W – Sport Psychology	(3)
HMS 554 – Research Methods	(3)

Year 4, Spring	**(12)**
HMS 497 – Internship	(6)
PSY 228 - Personality	(3)
HMS 578 – Behavior Change in Health & PA	(3)

Year 1 (MS), Fall	**(12)**
HMS 558 – Advanced Exercise Physiology	(3)
HMS 589 – Exercise Prescrip for Diverse Pop	(3)
HMS 574 – Cardiac Rehabilitation	(3)
elective	(3)

Year 1 (MS), Spring	**(12)**
HMS 599 – Special Topics in Clinical Exercise Phys	(1)
HMS 571 – Lab Techniques in Exs Test &Prescrip	(3)
HMS 597 – Internship in Clinical Exercise Phys	(6)
HMS 552 – Biomechanics & Applied Kinesiology	(3)

Bold & italicized = graduate course

4+1 B.S. to M.S. PLANNED PROGRAM
ALLIED HEALTH to PHYSICAL ACTIVITY & CHRONIC DISEASE

Year 1, Fall	**Credits (15)**
HMS 160 – Intro to Exercise & Sport Science	(3)
LEP Foundations: INQ 101	(3)
LEP Foundations: Quant Reasoning prereq	(3)
LEP Foundations: Written Comm prereq	(3)
elective	(3)

Year 1, Spring	**Credits (16)**
PCH 200 – Intro to Nutrition	(3)
LEP Foundations: MAT 122	(4)
LEP Foundations:ENG 112–English Composition	(3)
LEP Explorations: PSY 100– Intro to Psychology	(3)
elective	(3)

Year 2, Fall	**(14)**
BIO 200 – Anatomy & Physiology I	(4)
LEP Tier 1: Tech Fluency	(3)
LEP Foundations	(3)
LEP Explorations: CHE 120 – General Chem	(4)

Year 2, Spring	**(16-17)**
BIO 201 – Anatomy & Phys II	(4)
HMS 283 – Functional Anatomy	(3)
LEP Foundations: WDL 200	(3)
LEP Explorations BIO 100 or 120	(3-4)
LEP Explorations	(3)

*****formally apply to Exercise and Sport Science program here**

Year 3, Fall	**(16)**
HMS 384 – Exercise Physiology I	(3)
HMS 421 – Organization & Admin. in ESS	(3)
HMS 485 – Measurement & Stats in EXS	(3)
PHY 200/230 – General Physics	(4)
LEP Explorations	(3)

Year 3, Spring	**(16)**
HMS 383 – Biomechanics	(3)
HMS 389 – Exercise Physiology II	(3)
HMS 488W – Exercise Testing & Prescription	(4)
LEP Explorations	(3)
LEP Explorations	(3)

Year 4, Fall	**(13)**
HMS 301 – Exercise and Sport Nutrition	(3)
HMS 387 – Stand. First Aid/Personal Safety	(1)
HMS 411 – Pathophysiology & Pharmacology	(3)
HMS 380W – Sport Psychology	(3)
HMS 554 – Research Methods	(3)

Year 4, Spring	**(12)**
HMS 497 – Internship	(6)
HMS 392 - Cond. for Strength & Human Perf	(3)
HMS 578 – Behavior Change in Health & PA	(3)

Year 1 (MS), Fall	**(12)**
PCH 564 – Health Systems & Policy	(3)
PCH 500 – Foundations of Public Health	(3)
HMS 581 – PA Programming & Evaluation	(3)
elective	(3)

Year 1 (MS), Spring	**(12)**
PCH 515 – Biostatistics	(3)
HMS 510 – Epidemiology, PA, & Chronic Disease	(3)
HMS 595 – Internship in Health & Movement Sci	(3)
HMS 584 – Health Promotion Strategies in PA	(3)

Bold & italicized = graduate course

4+1 B.S. to M.S. PLANNED PROGRAM
SPORT SCIENCE to PHYSICAL ACTIVITY & CHRONIC DISEASE

Year 1, Fall	**Credits (15)**
HMS 160 – Intro to Exercise & Sport Science	(3)
LEP Foundations: INQ 101	(3)
LEP Foundations: Quant Reasoning prereq	(3)
LEP Foundations: Written Comm prereq	(3)
elective	(3)

Year 1, Spring	**Credits (15-16)**
PCH 200 – Intro to Nutrition	(3)
LEP Foundations: MAT 107 or MAT 122	(3-4)
LEP Foundations:ENG 112–English Composition	(3)
LEP Explorations: PSY 100– Intro to Psychology	(3)
elective	(3)

Year 2, Fall	**(13-15)**
HMS 204 – Field Exp in Group Ex Instruction	(1)
HMS 281 or BIO 200 – Anatomy & Phys I	(3-4)
LEP Foundations: PHY 103	(3)
LEP Explorations: BIO 100 or 120	(3-4)
LEP Explorations	(3)

Year 2, Spring	**(15-16)**
HMS 282 or BIO 201 – Anatomy & Phys II	(3-4)
HMS 283 – Functional Anatomy	(3)
LEP Foundations: WDL 200	(3)
LEP Explorations	(3)
LEP Explorations	(3)

*****formally apply to Exercise and Sport Science program here**

Year 3, Fall	**(15)**
HMS 383 - Biomechanics	(3)
HMS 384 – Exercise Physiology I	(3)
HMS 421 – Organization & Admin. in ESS	(3)
HMS 485 – Measurement & Stats in EXS	(3)
LEP Explorations	(3)

Year 3, Spring	**(16)**
HMS 392 – Cond. For Strength & Human Perf	(3)
HMS 387 – Stand. First Aid/Personal Safety	(1)
HMS 401 – Exercise for Special Populations	(3)
LEP Explorations	(3)
LEP Explorations	(3)
LEP Expolorations	(3)

Year 4, Fall	**(15)**
HMS 301 – Exercise and Sport Nutrition	(3)
HMS 455 – Sport Sci & Performance Tech	(3)
elective	(3)
HMS 380W – Sport Psychology	(3)
HMS 554 – Research Methods	(3)

Year 4, Spring	**(12)**
HMS 497 – Internship	(6)
PSY 228 - Personality	(3)
HMS 578 – Behavior Change in Health & PA	(3)

Year 1 (MS), Fall	**(12)**
PCH 564 – Health Systems & Policy	(3)
PCH 500 – Foundations of Public Health	(3)
HMS 581 – PA Programming & Evaluation	(3)
elective	(3)

Year 1 (MS), Spring	**(12)**
PCH 515 – Biostatistics	(3)
HMS 510 – Epidemiology, PA, & Chronic Disease	(3)
HMS 595 – Internship in Health & Movement Sci	(3)
HMS 584 – Health Promotion Strategies in PA	(3)

Bold & italicized = graduate course

EXERCISE AND SPORT SCIENCE PROGRAM
COURSE OVERVIEW

UNIVERSITY LIBERAL EDUCATION PROGRAM (LEP) REQUIREMENTS:

LEP Foundations	**CREDITS**
First-Year Experience	3
Multilingual Communication	3
Quantitative Reasoning prerequisite	3
Quantitative Reasoning	3-4
Technological Fluency	3
Written Communication prerequisite	3
Written Communication	3

Note: Quantitative Reasoning and Written Communication prerequisites can be waived if the student places higher than the prerequisite level.

LEP Explorations	
Natural World	
Option 1:	
Life & Environment	4
Physical Realm	3
Option 2:	
Physical Realm	4
Life & Environment	3
American Experience ***or*** Time & Place	3
Conflict & Consensus ***or*** Mind & Body	3
Creative Drive	3
Cultural Expression ***or*** Global Awareness	3
Exploration Electives	3-6
	50-54 Total

HMS – EXERCISE AND SPORT SCIENCE MAJOR COURSES

SHARED BY BOTH CONCENTRATIONS:	**CREDITS**
HMS 160 – Intro to Exercise and Sport Science	3
HMS 283 – Functional Anatomy	3
HMS 301 – Exercise & Sport Nutrition	3
HMS 380W – Sport Psychology	3
HMS 383 – Biomechanics	3
HMS 384 – Exercise Physiology I	3
HMS 387 – Standard First Aid and Personal Safety	1
HMS 392 – Conditioning for Strength & Human Performance	3
HMS 421 – Organization & Administration in Exercise & Sport Science	3
HMS 485 – Measurement & Statistics in Exercise Science	3
HMS 497 – Exercise and Sport Science Internship	6
BIO 200 – Human Anatomy & Physiology I	4
BIO 201 – Human Anatomy & Physiology II	4
PCH 200 – Intro to Nutrition	3

COURSES SPECIFIC TO SPORT SCIENCE:	
HMS 204 – Field Experience in Group Exercise Instruction	1
HMS 281 – Anatomy & Physiology I (if not choosing BIO 200)	3
HMS 282 – Anatomy & Physiology II (if not choosing BIO 201)	3
HMS 401 – Exercise for Special Populations	3
HMS 455 – Sport Science & Performance Technology	3
PSY 228 – Personality	3

COURSES SPECIFIC TO ALLIED HEALTH:	
HMS 389 – Exercise Physiology II	3
HMS 411 – Pathophysiology & Pharmacology	3
HMS 488W – Exercise Testing & Prescription	4
PHY 200/230 – General Physics	4

University LEP credits: 50 minimum
Exercise and Sport Science Major Credits: 44-46 (Sport Science); 53 (Allied Health)
Free Elective credits: 12 minimum
Total Credits Required to Complete Program: 120