

## **REQUIRED COURSES FOR EXERCISE SCIENCE MAJORS (Old Course Numbers in Parentheses)**

**NFS 1240 (124) Principles of Nutrition.** Three credits.

Fundamentals of normal nutrition and its relationship to the health and physical fitness of individuals with emphasis on the scientific, psychological, sociological, and economic aspects of nutrition.

**NFS 3280 (328) Nutrition in Health Promotion.** Three credits. *Prerequisite: NFS 1240 or 2220.*

Nutrition education resources and skills for individuals working in health promotion and wellness areas including methods for weight management, evaluating popular nutrition fads, dietary assessment, sports nutrition, dietary fat, and cholesterol programs. Offered once a year.

**BIO 2010, 2020 (313, 314) Human Anatomy and Physiology I and II.** Four credits each.

*Prerequisites: BIOL 2010 - C or better in high school chemistry and biology within the last five years or consent of instructor; BIOL 2020 - C or better in 2010. Strongly recommend BIOL1030/1110 prior to BIOL 2010.* Meets requirements for many pre-health professional programs including nursing. Structure and function of humans covered. Three lectures and one three-hour laboratory.

**HUM 2130 (213) Medical Vocabulary.** Three credits.

Principles of forming and deciphering medical terminology.

**HLTH 2310 (231) Community and Public Health.** Three credits.

Basic preparation for health educators in community and public health programs with emphasis on identifying and solving problems.

**HLTH 3110 (311) Personal Health.** Three credits.

Personal health in contemporary society; designed specifically for preparation of health educators.

**PHED 3300 (330) First Aid and Safety Education.** Three credits.

Deals with first aid measures, accident prevention, and cardiopulmonary resuscitation. Addresses issues related to drug use/abuse and related acts of violence. Satisfactory completion of the course qualifies the student for American Red Cross Standard and CPR certificates.

**PHED 4340 (434) Wellness and Healthy Lifestyles.** Three credits.

Developing healthy lifestyles through health appraisal, fitness evaluation, identifying cardiovascular risk factors, and individual exercise prescriptions.

**ATHC 2580 (258) Introduction to Athletic Training.** Three credits.

Modern principles in the care, prevention, and management of sports injuries.

**ATHC 4060 (406) Sport Psychology.** Three credits.

The application of behavioral principles, motivational research, personality factors, social/psychological findings, cognitive processes, dysfunctional behavior knowledge, and psychometric assessment procedures to the arena of sports. Introduces students to this discipline and provides knowledge to help enhance their own performances and the performances of others.

**PHED 3250 (325) Workshops in Wellness.** Three credits.

Preparation for conducting workshops in a variety of professional settings.

**PHED 3720 (372) Skills and Techniques of Teaching Fitness Activities.** Three credits.  
Writing, planning, teaching, and participating in personalized and group fitness programs and the interpretative assessment of related components with the understanding of physiological principles related to exercise. Teaching lifetime wellness activities required in laboratory and field experiences.

**PHED 4810 (481) Measurement and Evaluation.** Three credits.  
Concepts and procedures used for applied measurement and evaluation in health and human performance settings. Basic statistics, reliability and validity, measurement instruments in field and laboratory settings, and the administration of a variety of tests within discipline.

**PHED 4830 (483) Physiology of Exercise.** Three credits.  
*Prerequisites: BIO 2030 or 2010 and 2020.*  
Introduction to the principles of exercise physiology. Acute response and chronic adaptations of the body to physical activity, exercise, and sports participation, and their impact on homeostasis examined.

**PHED 4910 (491) Kinesiology.** Three credits.  
The science of human motion. Emphasis on principles of anatomy, physiology, and mechanics of human activity.

**PHED 4240 (424) Principles of Exercise Prescription and Assessment.** Three credits.  
*Prerequisites: PHED 4810, 4830, and 4910.*  
Provides students with practical and theoretical experiences in exercise prescription and health/fitness assessment techniques, primarily for healthy population. Upon completion, pursuit of ACSM Health/Fitness Instructor Certification recommended.

**PHED 4250 (425) Internship in Exercise Science and Health Promotion.** Twelve credits.  
*Prerequisites: PHED 3250, 4240, 4810, 4830, 4910; HLTH 3300; BIOL 2030; NFS 1240.*  
On-site practical experience in an exercise science/health promotion program.

## MINOR

Select a minor in consultation with your advisor. Courses required by both the major and the minor cannot be counted in both areas. The overlapping hours need to be replaced by additional course work appropriate for the minor. Your minor advisor will need to complete the required course substitution forms.

## ELECTIVES

Select 10 credit hours of course work. Two *recommended* electives include:

**INFS 1000 (100) Introduction to Computers and Related Topics.** Three credits.  
An overview of the workings of a computer including hardware, software, and applications. Provides hands-on experience with various software packages.

**ATHT 4000 (400) Strength, Conditioning, and Human Performance.** Three credits.  
*Prerequisites: Anatomy, physiology, kinesiology, and weight training; or by permission of instructor.* Theories and principles of strength training and conditioning and techniques used to become a strength and conditioning specialist or personal fitness trainer.