

APPLIED EXERCISE SCIENCE: STRENGTH AND CONDITIONING, BS

Example Plan of Study

Finish in Four Plan of Study

The plan below is an **example** of how students can successfully complete degree requirements in four years. This suggested class schedule plan may be used as a guide and can be adjusted based on individual needs. Students are required to meet with an academic advisor prior to enrollment each semester to plan their class schedule, and students are ultimately responsible for completing all degree requirements.

Course	Title	Hours
Freshman		
Fall		
ENGL 1113 or ENGL 1313	Composition I or Critical Analysis and Writing I	3
MATH 1513 or MATH 1613	College Algebra (A) or Trigonometry (A)	3
BIOL 1113 & BIOL 1111 or BIOL 1114	Introductory Biology (N) or Introductory Biology (LN)	4
HHP 1703	Introduction to Exercise Science	3
EDHS 1112	First Year Seminar	2
Hours		15
Spring		
ENGL 1213 or ENGL 1413 or ENGL 3323	Composition II or Critical Analysis and Writing II or Technical Writing	3
POLS 1113	American Government	3
STAT 2013 or STAT 2023 or STAT 2053	Elementary Statistics (A) or Elementary Statistics for Business and Economics (A) or Elementary Statistics for the Social Sciences (A)	3
NSCI 2114		4
Course designated (H)		3
Hours		16
Sophomore		
Fall		
HIST 1103 or HIST 1483 or HIST 1493	Survey of American History or American History to 1865 (H) or American History Since 1865 (DH)	3
CHEM 1215 or CHEM 1314	Chemical Principles I (LN) or Chemistry I (LN)	4
Course designated (H)		3
HHP 3223		3
Controlled Elective Course ¹		3
Hours		16
Spring		
PSYC 1113	Introductory Psychology (S)	3
HHP 3333	Ethics in Sports Administration and Coaching	3
Course designated (A), (H), (N), or (S)		3
HHP 2802	Medical Terminology for the Health Professions	2
HHP 2654	Applied Anatomy	4
Hours		15
Junior		
Fall		
HHP 3553	Theory and Practice of Coaching	3

HHP 2553	Basic Athletic Injury Management	3
HHP 3443	Psychosocial Aspects of Sport and Coaching	3
HHP 3663	Biomechanics	3
Controlled Elective Course ¹		3
Hours		15
Spring		
HHP 3114	Physiology of Exercise	4
BIOL 3204	Physiology	4
Controlled Elective Course ¹		3
HHP 3133	Sport Supplements For Human Performance	3
Hours		14
Senior		
Fall		
HHP 4773	Principles of Exercise Testing and Prescription	3
HHP 4124	Principles of Strength and Conditioning	4
HHP 4013	Motor Control and Learning	3
Elective Course ¹		3
Course designated (A), (H), (N), or (S)		2
Hours		15
Spring		
HHP 4480	Internship in Health and Human Performance	5
NSCI 4133	Nutrition for Exercise and Sport	3
Controlled Elective Course ¹		3
Controlled Elective Course ¹		3
Hours		14
Total Hours		120

¹

Controlled Elective Options include: NSCI 3223, HLTH 4783, PSYC 3013, HHP 3010, RMRT 2443, HHP 3123, BIOL 3933, NSCI 3543, MGMT 3943, HHP 4480, HLTH 3643, PHIL 3833, HHP 4010