

Exercise Physiology Suggested Sequence of Courses

<u>1st semester</u>		Credits	<u>2nd semester</u>		Credits
BIO 1120	Anatomy & Physiology I (<i>meets Area 3d</i>)	4	BIO 1130	Anatomy & Physiology II	4
ENG 1100	College Writing (<i>meets Area 2b & WI</i>)	3	EXPH 1500	Aerobic Conditioning	3
KNES 1200	Intro to Kinesiology	3	SOC 1010	Principles of Sociology (<i>meets Area 3c</i>)	3
PSY 1100	General Psychology (<i>meets Area 3c</i>)	3	EXPH 1600	Resistance and Flexibility Training	3
MATH 1300	Elementary Statistics (<i>meets Area 3e</i>)	3	-----	UCC Area 2, or 3 course	3
	Student Success Workshop	0		Student Success Workshop	0
Credits		16	Credits		16
<u>Summer</u>					
MATH 1150	College Algebra	3			
<u>3rd semester</u>			<u>4th semester</u>		
CHEM 1600	General Chemistry I	4	PHYS 2550	College Physics I	4
PBHL 1500	Sport Nutrition (<i>meets Area 1</i>)	3	KNES 3500	Physiology of Exercise	4
KNES 2300	Tests & Measurements (<i>meets TI</i>)	3	-----	UCC Area 2, 3, or 4 course	3
KNES 2550	Disability & Diversity in Physical Activity	3	-----	UCC Area 2, 3, 4, or WI course	3
LANG	Foreign Language I	3	LANG	Foreign Language II	3
Credits		16	Credits		17
<u>Summer</u>					
CHEM 1620	General Chemistry II	4	-----	UCC Area 2, 3, or 4 course	3
<u>5th semester (Junior year)</u>			<u>6th semester (Junior year)</u>		
EXPH 2800	Health Promotion and Fitness Management	3	EXPH 3100	Essentials of Strength and Conditioning	3
KNES 3300	Biomechanics (<i>meets TI</i>)	3	EXPH 3600	Exercise Programs for Older Adults	3
KNES 3530	Motor Learning (<i>meets WI</i>)	3	EXPH 3901	Aerobic & Anaerobic Exercise Leadership	3
PHYS 2560	College Physics II	4	-----	UCC Area 6 course	3
-----_	UCC Area 2, 3, or 4 course	3	-----	UCC Area 4, 6 or WI course	3
Credits		16	Credits		15
<u>7th semester (Senior year)</u>			<u>8th semester (Senior year)</u>		
EXPH 4100	Exercise Programs for Special Populations	3	EXPH 4800	Contemp Issues in Ex Phys (<i>meets WI</i>)	3
EXPH 4200	Graded Exercise Testing and Prescription	3	EXPH 4901	Internship in Ex Physiology (<i>meets Area 5</i>)	4
EXPH 4300	Advanced Exercise Phys. & Sport Nutrition	3	KNES 4500	Psycho-Social Dimensions of Sport	3
BIO 1620	General Biology: EEB	4	BIO 1630	General Biology: CMB	4
Credits		13	Credits		14
					Total Credits
					136

Highlighted courses indicate standard prerequisite courses for most Physical Therapy programs. Students should consult with the PT program to determine if additional prerequisites are required.