

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 |

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|---|---|------------|
| 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 | Ergogenic Aids for Sports and 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