

## EXERCISE &amp; SPORT SCIENCE AND HEALTH &amp; PHYSICAL EDUCATION

# Exercise & Sport Science

## Major

### Professor:

Surgent

### Associate Professor:

A. Siemann

### Assistant Professor:

Wright

### Lecturer:

Brakeall, M. Siemann

### Head Athletic Trainer:

Zaloga

- You must complete a 9-credit internship during your senior year.
- Upon completion of degree requirements you will be eligible to take the National Strength and Conditioning Association (NSCA) certification exam for Personal Trainer and/or Certified Strength and Conditioning Specialist.

	MAJOR
Hours Required in HPE:	49
Hours Required in Other Departments:	27
<b>Total Hours Required:</b>	<b>76</b>

## Summary of Requirements for Major in Exercise and Sport Science

### Major

#### 1. Discipline Core Courses:

(40 hours)

HEED 103	Foundations of Exercise and Sport Science
HEED 200	Nutrition
HEED 305	Care and Prevention of Athletic Injuries
HEED 306	Organization & Admin. of Exercise & Sport Science
PHEC 115	Methods of Group Exercise Instruction
PHEC 175	Foundations of Resistance Training
PHEC 303	Biomechanics for Exercise and Sport Science
PHEC 341	Psychology of Physical Activity
PHEC 401	Physiology of Exercise
PHEC 410	Advanced Strength Training
PHEC 411	Evaluation and Prescription in Fitness
PHEC 435	Lifespan Health and Fitness
PHEC 482	Field Experience in Health Fitness (3 hours)
PHEC 492	Seminar in Health Fitness
PHEC 495	Internship in Health Fitness (Capstone - 9 hours)

#### 2. Courses Required in Other Departments:

(27 hours)

ACCT 211	Financial Accounting
BIOL 149	General Biology I (GEP Group C)
BIOL 321	Anatomy and Physiology I
BIOL 322	Anatomy and Physiology II
BUAD 100	Introduction to Business
MATH 209	Elements of Applied Probability and Statistics (Core Skill 3)
MGMT 315	New Business Ventures
PSYC 150	General Psychology (GEP Group D)