

EXERCISE SCIENCE - APPLIED B.S.

Bachelor of Science - Health & Human Performance; Exercise Science - Applied Concentration

Phyllis J. Washington College of Education and Human Sciences

Degree Specific Credits: 93-96

Required Cumulative GPA: 2.0

Catalog Year: 2018-2019

General Education Requirements

Information regarding these requirements can be found in the General Education Section (<http://catalog.umd.edu/academics/general-education-requirements>) of the catalog.

Summary

Code	Title	Hours
Lower-Division Departmental Required Courses		12
Outside Major Lower-Division Required Courses		33-36
Upper-Division Departmental Required Courses		22
Outside Major Upper-Division Required Courses		8
Elective Courses		18
Total Hours		93-96

Lower-Division Departmental Required Courses

Note: Students should take ECP 120 within two years of graduation in order to ensure current certification. Students may substitute outside Emergency Medical Responder Certification for these courses.

Code	Title	Hours
Complete all of the following courses:		
ECP 120	Emergency Medical Responder Lecture	3
KIN 201	Basic Exercise Prescription	3
KIN 205	Foundations of HHP	3
NUTR 221N	Basic Human Nutrition	3
Total Hours		12

Minimum Required Grade: C-

Outside Major Lower-Division Required Courses

Note: Students interested in Medical School should pay special attention to those additional requirements. Please meet with the Medical School Adviser in the HHP Department if you intend to also major in Pre-Medical studies.

Code	Title	Hours
Complete all of the following courses:		
BIOB 160N	Principles of Living Systems	3
CHMY 121N	Introduction to General Chemistry	3
CHMY 123	Introduction to Organic and Biochemistry	4
CHMY 124	Introduction to Organic and Biochemistry Lab	2
COMX 111A	Introduction to Public Speaking	3
PHSX 205N	College Physics I	4
PHSX 206N	College Physics I Laboratory	1
PSYX 100S	Intro to Psychology	3
Complete one of the following:		4-6
M 151	Precalculus	
M 121 & M 122	College Algebra and College Trigonometry	
Complete one of the following:		3-4
STAT 216	Introduction to Statistics	
PSYX 222	Psychological Statistics (must be pre-approved by advisor)	
SOCI 202	Social Statistics (must be pre-approved by advisor)	
WILD 240	Intro to Biostatistics (must be pre-approved by advisor)	
EDU 421	Statistical Procedures in Educ (must be pre-approved by advisor)	
Total Hours		30-33

Minimum Required Grade: C-

Upper-Division Departmental Required Courses

Code	Title	Hours
Complete all of the following courses:		
HTH 475E	Legal and Ethical Issues Health and Exercise Professions	3
KIN 320	Exercise Physiology	3
KIN 321	Exercise Physiology Lab	1
KIN 330	Motor Learning and Control	3
KIN 425	Biomechanics	3
KIN 447	Analytical & Communicative Techniques	3
KIN 498	Internship	3
NUTR 411	Nutrition For Sports & Exercise	3
Total Hours		22

Minimum Required Grade: C-

Outside Major Upper-Division Required Courses

Note: It is strongly recommended that students take either BIOH 112 OR BIOH 113 OR BIOB 160N prior to taking Anatomy and Physiology.

Code	Title	Hours
Complete one of the following Anatomy and Physiology Sequences:		8
University of Montana - Mountain Campus		

BIOH 365 Human AP I for Health Profns
& BIOH 370 and Human AP II for Health Profns

Missoula College

BIOH 201N Human Anat Phys I (equiv 301)
& BIOH 211N and Human Anat Phys II (equiv 311)

Total Hours 8

Minimum Required Grade: C-

Elective Courses

Code	Title	Hours
Complete the following elective credits:		18

Electives require adviser pre-approval. Students may use any pre-approved Math and Science Elective courses in this category. At least 3 must be Upper Division Credits. Special care should be taken if BIOH 201N/BIOH 202N and BIOH 211N/BIOH 212N were used for Anatomy and Physiology requirements, as more Upper Division Credits may need to be used in this category.

Minimum Required Grade: C-