Health and Human Performance:
Exercise Science Concentration
Degree Requirements

Student's Name: _____ **Student ID#:** _____

Intended graduation date (Year): Summer _____ **Fall** _____ **Winter** _____ **Spring** _____

PAH Core (30 credit hours):

Course #	Title	Cr	Term	Grade
BIO 231/L	Human Anatomy and Physiology I	4		
BIO 232/L	Human Anatomy and Physiology II	4		
BIO 233/L	Human Anatomy and Physiology III	4		
PES 131	Foundations of Physical Activity and Health	2		
HWS 350	Behavior Change Theory *At least sophomore standing*	3		
PES 270	History, Philosophy and Ethics of Sport	3		
EXS 312	Measurement and Evaluation in Physical Activity and Health *Sophomore standing*	3		
EXS 323/L	Physiology of Exercise I *BIO 233 or consent of instructor*	4		
PES 495	Capstone Seminar *Consent of instructor*	1		
PES 496	Capstone Course (2-5 credits) *PES 495, consent of instructor*	2		

Additional Program Requirements:

Requirement	Completed
Achieve a standard of health related fitness by achieving the 65th percentile on a physical ability test. This must be completed as part of a designated course (HWS 298, EXS 323), or in some other faculty approved format.	
Competency (certification) in First Aid and CPR.	
Demonstrate competency in the academic content of physical activity and health by completing all degree course work with an average grade of C- or better.	
Complete a capstone experience as outlined by program faculty.	

Additional University Requirements:

Requirement	Completed
Complete General Education requirement. (attach completed GE checklist)	
Completed University Writing Requirement.	
Complete DPD course(s). (4 credits)	
Complete a capstone experience as outlined by program faculty.	

Exercise Science (30 credit hours):

Course #	Title	Cr	Term	Grade
Required courses (23 credits):				
EXS 321/L	Applied Anatomy *BIOL 231, 232, and 233, at least sophomore standing*	4		
EXS 322/L	Biomechanics *EXS 321 or consent of instructor*	4		
EXS 451/L	Physiology of Exercise II *EXS 323 or consent of instructor*	4		
EXS 452	Physical Activity in Disease Prevention *EXS 323 or consent of instructor*	3		
EXS 453/L	Motor Learning and Control *EXS 323 or consent of instructor*	4		
HWS 325	Nutrition and Sport Performance *At least sophomore standing*	4		
Select at least 7 credits from the following courses:				
EXS 311	Sport Psychology (UWR)	3		
HWS 351	Lifestyle Behavior and Health (UWR) *At least sophomore standing*	3		
PES 359	Prevention and Care of Injury in Physical Activity Settings *EXS 321 and at least sophomore standing*	3		
STAT 327	Statistics *Met mathematics requirement for graduation; at least sophomore standing*	5		

Recommended GE Courses:
SSC: PSY 201, 202; SOC 204; ANTH 201
SMI: BIO 211, 212, 213; CHEM 204, 205, 206; PHYS 201, 202, 203
Gateway: WR 121, LIB 127

Revised: March 2019