

**Health & Exercise Science**  
***Health & Fitness Concentration***  
**Department of Health & Human Performance**

**Major Requirements**

<u>Core Courses</u>	<u>Credits</u>	<u>Semester Completed</u>
HPED 170 Concepts of Conditioning	1	_____
HEXS 101 Introduction to H & ES	1	_____
HPED 321 Kinesiology	3	_____
HPED 322 Exercise Physiology	3	_____
HEXS 225 Research Methods and Statistical Analysis	3	_____
HEXS 360 Exercise Testing and Prescription	3	_____
PSYC 101 Introduction to Psychology	3	_____
HEXS 412 Senior Seminar for H & ES	3	_____
HEXS 220 Health Promotion Management	3	_____
HPED 193 (or equivalent competencies) OR	0-2	_____
HPED 195 (or equivalent competency) and HPE 189 OR	1-2	_____
HPED 195 (or equivalent competency) and HPED192	2-3	_____
<b><u>Health &amp; Fitness Concentration</u></b>		
HEXS 215 Exercise and Chronic Disease	3	_____
HPED 423 Principles of Administration	3	_____
HPED 329 Sport in Society	3	_____
BIOL 185 Human Anatomy and Physiology I	4	_____
BIOL 186 Human Anatomy and Physiology II	4	_____
CHEM105 General Chemistry I	4	_____
BIOL XXX Genetics	3	_____
NUTR 222 Nutrition Theory	3	_____
<i>Choose one of the following:</i>		
PSYC 310 Child Development (3)		_____
PSYC 311 Adolescent Development (3)		_____
GERO 251 Nutrition Health and Biology of Aging (3)		_____
<i>Choose two of the following: (alternate year courses)</i>		
HEXS 415 Advanced Exercise Physiology (3)	3	_____
HEXS 210 Exercise Psychology (3)		_____
HEXS 315 Stress Testing and ECG Interpretation (3)		_____
HEXS 310 Elite Athletic Performance (3)		_____

\*Competency as defined by the American Red Cross

General Education requirements on reverse side

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**General Education Requirements**

<u>Courses</u>	<u>Credits</u>	<u>Semester Completed</u>
1.1 First Year Seminar	3	_____
1.2 Created & Called for Community	3	_____
1.3 Oral Communications	3	_____
2.1A Mathematical Sciences (STAT 269)	3 or 4	_____
2.1B Laboratory Science (BIOL 185)	3 or 4	Met by Major
2.1C Science, Tech & World (HPED 322)	3	Met by Major
<b>Two of the Following: (total 6 hours)</b>		
2.2A Social Science (PSYC 111)	3	Met by Major
2.2B European History	3	_____
2.2C United States History	3	_____
2.3A Literature	3	_____
2.3B Philosophy or Religion	3	_____
2.3C Arts	3	_____
2.4 Language/Cross Cultural		_____
Language 1	3	_____
Language 2	3	_____
Language 3 or Cross Cultural	3	_____
2.5 Non-Western Studies	2 or 3	_____
Knowledge of the Bible	3	_____
3.2 Christian Beliefs	3	_____
4.1 Health & Physical Fitness		
Life Fitness (HPED 170)	1	Met by Major
PHED 1 (HPED 189 or 192 or 193)	1	Met by Major
PHED 2 (HPED Activity)	1	Met by Major
<b>One of the Following: (total 3 hours)</b>		
4.2B World Views	3	_____
4.2C Pluralism in Contemporary America (HPED329)	3	Met by Major
Ethics in the Modern World	3	_____
Writing Enriched Course		_____

**Summary of Major Requirements:**

General Education	42-43
Major Core Requirements	23-26
Concentration Requirements	32
Free Electives	20-24