

**Department of Human Performance and Sport Studies**  
**Exercise Science EMPHASIS**  
**2020-2021 Program of Study**

NAME: \_\_\_\_\_ BENGAL# \_\_\_\_\_

**68-80 Credits, including Physical Education Core**

<b>PHYSICAL EDUCATION CORE (9 Credits)</b>					
<i>Course</i>	<i>Title</i>	<i>Offered</i>	<i>Credits</i>	<i>Date</i>	<i>Grade</i>
PE 2222	First Aid, CPR and Sport Safety	F, S, Su	3		
PE 2223	Foundations of Physical Education & Sport	F, S, Su	3		
PE 4454	Senior Capstone - PREREQ	F, S	3		
<b>Total</b>			<b>9</b>		

**OBJECTIVE # 1: To develop foundational knowledge in the basic sciences (33 Credits)**  
 (Note: PE 2243 requirement in SSPE Core is satisfied by BIOL 3301, BIOL 3302, and labs.)

<b>Biological Cognate: 11 credits</b>					
<i>Course</i>	<i>Title</i>	<i>Offered</i>	<i>Credits</i>	<i>Date</i>	<i>Grade</i>
BIOL 3301 & 3301L	Advanced Human Anatomy and Physiology 1 and Advanced Human Anatomy and Physiology 1 Lab. PREREQ	F, S	4		
<b>OR</b>					
BIOL 2227 & 2227L	Human Anatomy and Physiology 1 and Human Anatomy and Physiology 1 Lab. PREREQ	F, S	4		
<b>AND</b>					
BIOL 3302 & 3302L	Advanced Human Anatomy and Physiology 2 and Advanced Human and Physiology 2 Lab. PREREQ	F, S	4		
<b>OR</b>					
BIOL 2228 & BIOL 2228L	Human Anatomy and Physiology 2 and Human Anatomy and Physiology 2 Lab. PREREQ	F, S	4		
BIOL 4453	Foundations in Neuroscience. PREREQ	S	3		
<b>Total</b>			<b>11</b>		

<b>Chemistry Cognate: 9 credits</b>					
<i>Course</i>	<i>Title</i>	<i>Offered</i>	<i>Credits</i>	<i>Date</i>	<i>Grade</i>
CHEM 1111 & 1111L	General Chemistry I and General Chemistry I Lab. PREREQ	F, S, Su	5		
CHEM 1112 & 1112L	General Chemistry II and General Chemistry II Lab. PREREQ	F, S, Su	4		
(each of the TWO courses above partially satisfies General Education Objective 5)					
<b>Total</b>			<b>9</b>		

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<b>Physics Cognate: 4 Credits</b>					
<i>Course</i>	<i>Title</i>	<i>Offered</i>	<i>Credits</i>	<i>Date</i>	<i>Grade</i>
PHYS 1111	General Physics. PREREQ	F	3		
PHYS 1113	General Physics I Lab	F, S	1		
(each of the TWO courses above partially satisfies General Education Objective 5)					
		<b>Total</b>	<b>4</b>		

<b>Math Cognate: 6 Credits</b>					
<i>Course</i>	<i>Title</i>	<i>Offered</i>	<i>Credits</i>	<i>Date</i>	<i>Grade</i>
MATH 1143	College Algebra <sup>1</sup> . PREREQ	F, S, Su	3		
MATH 1153	Statistical Reasoning. PREREQ	F, S, Su	3		
		<b>Total</b>	<b>6</b>		
(each of the TWO courses above satisfies General Education Objective 3)					

<sup>1</sup> Math 1147 College Algebra and Trigonometry (5cr) will substitute for MATH 1143.

<b>Psychology : 3 Credits</b>					
<i>Course</i>	<i>Title</i>	<i>Offered</i>	<i>Credits</i>	<i>Date</i>	<i>Grade</i>
PSYC 1101	Introduction to Psychology	F, S	3		
(partially satisfies General Education Objective 6)					
		<b>Total</b>	<b>3</b>		

<b>OBJECTIVE # 2: To develop specialized knowledge in human movement activities (14 Credits)</b>					
<i>Course</i>	<i>Title</i>	<i>Offered</i>	<i>Credits</i>	<i>Date</i>	<i>Grade</i>
PE 3300	Movement Theory and Motor Development	F, S	3		
PE 3301 & 3301L	Physiology of Exercise and Physiology of Exercise Lab. PREREQ	F, S, D	4		
PE 3302 & 3302L	Biomechanics and Biomechanics Lab. PREREQ	F, S, D	4		
PE 3322	Introduction to Sport Psychology	F, S	3		
		<b>Total</b>	<b>14</b>		

<b>OBJECTIVE # 3: To develop skills assessing and analyzing human movement activities (12 Credits)</b>					
<i>Course</i>	<i>Title</i>	<i>Offered</i>	<i>Credits</i>	<i>Date</i>	<i>Grade</i>
PE 3370	Care and Prevention of Athletic Injuries. PREREQ	F, S	3		
PE 4482	Mechanical Analysis of Human Movement. PREREQ	F, S	3		
PE 4484	Exercise Assessment and Prescription. PREREQ	F, S	3		
PE 4490	Practicum in Physical Education	F, S, Su	3		
		<b>Total</b>	<b>12</b>		

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<b>OBJECTIVE # 4: To develop knowledge and skills in cognate exercise disciplines (9 Credits)</b>					
<i>Course</i>	<i>Title</i>	<i>Offered</i>	<i>Credits</i>	<i>Date</i>	<i>Grade</i>
PE 4414	Athletic Performance Nutrition. PREREQ	S	3		
<b>Recommended Electives, chosen with advisor approval (6 credits)</b>					
ANTH 2239	Latino People and Cultures	F,S	3		
ANTH 4407	Anthropology of Global Health	F	3		
BIOL 2206	Cell Biology. PREREQ	F, S	3		
BIOL 2221 & 2221L	Introductory Microbiology & Introductory Microbiology Lab. PREREQ	F, S, Su	4		
BIOL 2235 & BIOL 2235L	General Microbiology and General Microbiology Lab. PREREQ	F, S	4		
BIOL 3305	Introduction to Pathobiology. PREREQ	F, S	3		
BIOL 3358	Genetics. PREREQ	F, S	3		
BIOL 4432	Biochemistry. PREREQ	F,S	3		
BIOL 4445	Biochemistry I. PREREQ	F, S	3		
BIOL 4449	Human Physiology I. PEREQ	OF	4		
BIOL 4451	Immunology. PREREQ	F	3		
BIOL 4456	Human Physiology II. PREREQ	ES	4		
BIOL 4460	Neuroscience. PREREQ	S	4		
BIOL 4463	Human Pathophysiology. PREREQ	F	4		
BIOL 4464	Lectures in Human Physiology. PREREQ	F	4		
BIOL 4470	Cross-Sectional Anatomy. PREREQ	S	2		
BIOL 4486	Human Systemic Physiology. PREREQ	F	5		
CHEM 3301	Organic Chemistry I. PREREQ	F	3		
CHEM 3302	Organic Chemistry II. PREREQ	S	3		
CHEM 4445	Biochemistry I. PREREQ	F	3		
DHS 4426	Evidence Based Research in Health Sciences. PREREQ	F, S	3		
ECON 4440	Economics of Health Care. PREREQ	F	3		
ENGL 3307	Professional and Technical Writing. PREREQ	F, S	3		
HCA 1110	Introduction to the Allied Health Professions	F, S	3		
HCA/HE 2210	Medical Terminology and Communication	F, S	2		
HCA 2215	Healthcare Leadership	S	3		
HCA 4440	Healthcare Economics and Policy	D	3		
HE 2200	Promoting Wellness	F, S, Su	3		
HE 3340	Fitness and Wellness Programs. PREREQ	S, D	3		
INFO 3330	Health Informatics	D	3		
NTD 2239	Nutrition	F, S, Su	3		
NTD 3340	Nutrition for Health Professionals. PREREQ	F, S	3		

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NTD 3360	Nutrition through the Lifecycle. PREREQ	F	3		
NTD 4439	Sports Nutrition. PREREQ	D	3		
OLP 4406	Grantwriting	D	3		
PE 3362	Tests and Measurements in Physical Education	F	3		
PE 4427	Personal Trainer Certification	S	3		
PE 4428	Principles of Strength and Conditioning. PREREQ	S	3		
PE 4494	Adapted Physical Activity. PREREQ	S	3		
PSCI 2205	Drugs in Society	F, S	2		
PSYC 2225	Child Development	F, S	3		
PSYC 3301	Abnormal Psychology	F, S	3		
PSYC 3332	Psychology of Adolescence. PREREQ	D	3		
SPAN 2210	Spanish for Health Care I. PREREQ	F	3		
SPAN 2211	Spanish for Health Care II. PREREQ	S	3		
		<b>Total</b>	<b>6</b>		

PREREQ-INDICATES THIS COURSE HAS A PREREQUISITE COURSE, SEE ISU ONLINE CATALOG FOR MOST CURRENT DETAILS

**GRADUATION REOUIREMENTS:**

In order to graduate from the Sport Science, Physical Education Program as a major, in addition to the course requirements listed, the following must be successfully completed:

- Minimum grade of "C" (2.0) in professional courses.
- Minimum cumulative GPA of 2.7.
- Minimum GPA of 3.00 in the major.
- Completion of student portfolio.
- Exit Interview with advisor

**\*\*\*\*\*STUDENTS MUST PRESENT EVIDENCE OF CURRENT FIRST AID/CPR CERTIFICATION TO THEIR ADVISOR AT THE TIME OF GRADUATION:**

Certification/Expiration Date:	Certification Agency:
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