

**FITNESS AND NUTRITION OPTION**

**EXERCISE AND SPORT SCIENCE**

**2009-2010**

**NAME:** \_\_\_\_\_

**ID#** \_\_\_\_\_

**DATE ENTERED:** \_\_\_\_\_

**HUMAN NUTRITION CURRICULUM**

_____	<b>NUTR 240 Human Nutrition</b>	<b>3</b>
	PreReq: CH 121	
_____	<b>NUTR 241 Human Nutrition Lab</b>	<b>1</b>
	Pre/Co-req: NUTR 240 (or 225)	
_____	<b>NUTR 312 Issues in Nutr. &amp; Hlth. (STS)</b>	<b>3</b>
	PreReq: NUTR 240 (or 225)	
_____	<b>NUTR 325 Nutrition through the Lifespan</b>	<b>3</b>
	PreReq: NUTR 240 (or 225); NUTR 241	
_____	<b>NUTR 341 Nutrition for Exercise</b>	<b>3</b>
	PreReq: NUTR 240; EXSS 324	

**EXERCISE SCIENCE CURRICULUM**

_____	<b>EXSS 131* Intro to Ex &amp; Spt Sci</b>	<b>1</b>
	*Recommended, not required	
_____	<b>EXSS 322 Anatomical Kinesiology</b>	<b>4</b>
	PreReq: Z 331/ 341; 332/342 (or concurrent)	
_____	<b>EXSS 323 Biomech. of Sport &amp; Exercise</b>	<b>4</b>
	PreReq: MTH 112; PH 201; Z 331/341	
_____	<b>EXSS 324 Exercise Physiology</b>	<b>4</b>
	PreReq: CH 121 -123; Z 333	
_____	<b>EXSS 325 Fit. Assess. &amp; Exercise Prescript.</b>	<b>2</b>
	PreReq: EXSS 324 (or concurrent)	
_____	<b>EXSS 370 Psych of Sport &amp; Exercise</b>	<b>3</b>
_____	<b>EXSS 371 Measurement in Ex. &amp; Spt Sci.</b>	<b>4</b>
	PreReq: Jr. standing; College Algebra	
_____	<b>EXSS 381 Anal. of Crit. Iss. in EXSS (WIC)</b>	<b>3</b>
	PreReq: Jr. standing	
_____	<b>EXSS 434 Applied Muscle Physiology</b>	<b>3</b>
	PreReq: Sr. standing; EXSS 324	
_____	<b>EXSS 435 Physical Activity Promotion</b>	<b>3</b>
	PreReq: EXSS 370	
_____	<b>EXSS 436 Cardiovascular Phys/ Disease</b>	<b>3</b>
	PreReq: Sr. standing; EXSS 324, 325	

Practical experience and applied learning:

_____	<b>EXSS 307 Pre-Internship</b>	<b>1</b>
_____	<b>EXSS 333 Practicum</b>	<b>2</b>
	Prereq: Instructor approval	
_____	<b>EXSS 410 Internship</b>	<b>9-15</b>
	PreReq: EXSS & NUTR GPA 2.5; Option GPA 2.25; completion of 165 credits; instructor approval	

Choose FIVE (5) courses from the following:

_____	<b>EXSS 158 Care &amp; Prev. of Ath. Injuries</b>	<b>3</b>
_____	<b>EXSS 312 Sociocult. Dimen. of Phys. Act. (WC)</b>	<b>3</b>
_____	<b>EXSS 313 Lifespan Motor Development</b>	<b>4</b>
_____	<b>EXSS 334 Practicum</b>	<b>2</b>
	PreReq: EXSS 333	
_____	<b>EXSS 340 Org. of Sport Programs</b>	<b>3</b>
	PreReq: So. standing	
_____	<b>EXSS 411 Mvmt. Skill Learning &amp; Control</b>	<b>3</b>
	PreReq: EXSS 322	
_____	<b>EXSS 414 Physical Activity &amp; Aging</b>	<b>3</b>
	PreReq: Sr. standing	
_____	<b>EXSS 444 Adapted Physical Activity</b>	<b>4</b>
	PreReq: EXSS 324; EXSS 411	
_____	<b>EXSS 474 Ex. Phys. Lab Methods</b>	<b>2</b>
	PreReq: EXSS 324; EXSS 325	
_____	<b>EXSS 475 Power &amp; Privilege in Sport (DPD)</b>	<b>3</b>
	PreReq: EXSS 312 or 6-credits social science	

Choose TWO (2) courses from the following:

_____	<b>EXSS 394 Pro Act: Resistance Training</b>	<b>2</b>
	PreReq: EXSS 324	
_____	<b>EXSS 395 Pro Act: Group Fitness</b>	<b>2</b>
	PreReq: EXSS 324; EXSS 325	
_____	<b>EXSS 396 Pro Act: Aquatics</b>	<b>2</b>
	PreReq: PAC 250 or equivalent	

**SCIENCE & SOCIAL SCIENCE COURSES**

_____	<b>CH ____ Gen. Chemistry</b>	<b>5</b>
_____	<b>CH ____ Gen. Chemistry (PS)</b>	<b>5</b>
_____	<b>CH ____ Gen. Chemistry (PS)</b>	<b>5</b>
_____	<b>Z 331 Human Anat &amp; Phys I</b>	<b>3</b>
_____	<b>Z 341 Human Anat &amp; Phys Lab I</b>	<b>2</b>
_____	<b>Z 332 Human Anat &amp; Phys II</b>	<b>3</b>
_____	<b>Z 342 Human Anat &amp; Phys Lab II</b>	<b>2</b>
_____	<b>Z 333 Human Anat &amp; Phys III</b>	<b>3</b>
	*must be taken in sequence	
_____	<b>PH 201 General Physics (PS)</b>	<b>5</b>
_____	<b>MTH 112 Elem. Functions (MTH)</b>	<b>4</b>
_____	<b>MB 230 Intro. Microbiology (BS)</b>	<b>4</b>
_____	<b>PSY 201 General Psychology (SPI)</b>	<b>3</b>

**SUPPORTING COURSES**

_____	<b>PHAR 210 Term. of Hlth. Sciences</b>	<b>2</b>
_____	<b>PHL 205 Ethics (WC)</b>	<b>4</b>
	<u>Choose ONE (1) course from the following:</u>	
_____	<b>COMM 111 Public Speaking (WR III)</b>	<b>3</b>
	<b>COMM 114 Arg. &amp; Crit. Disc. (WR III)</b>	
	<b>COMM 218 Interpersonal Comm. (WR III)</b>	

Choose ONE (1) course from the following:

_____	<b>COMM 324 Comm. in Orgs.</b>	<b>3</b>
	PreReq: So. Standing	
	<b>COMM 326 Intercultural Comm.</b>	
	PreReq: So. Standing	
	<b>COMM 432 Gender &amp; Comm.</b>	
	PreReq: COMM 321 or instr. approval	

EXSS majors must maintain a minimum 2.25 option GPA, and a minimum 2.5 GPA in all EXSS & NUTR prefixed courses

**MAXIMUM S/U CREDITS: 36**  
*Courses within major MAY NOT be taken S/U.*

**BACCALAUREATE CORE REQUIREMENTS**

***Perspective Categories:*** No more than two courses from one department may be used to satisfy the Perspective category

_____	<b>WR 121</b>	<b>3</b>
_____	<b>WR II</b> _____	<b>3</b>
_____	<b>WR III*</b> _____	<b>3</b>
_____	<b>MTH*</b> _____	<b>4</b>
_____	<b>HHS 231</b> _____	<b>2</b>
_____	<b>PAC or HHS LAB</b> _____	<b>1</b>
_____	<b>PHYSICAL SCIENCE*</b> _____	<b>5</b>
_____	<b>BIOLOGICAL SCIENCE*</b> _____	<b>4</b>
_____	<b>PHYS or BIO SCI*</b> _____	<b>4/5</b>
_____	<b>WESTERN CULTURE*</b> _____	<b>3</b>
_____	<b>CULTURAL DIVERSITY</b> _____	<b>3</b>
_____	<b>LITERATURE &amp; ARTS</b> _____	<b>3</b>
_____	<b>SOCIAL PROCESS*</b> _____	<b>3</b>
_____	<b>DIFF, POWER &amp; DISCRIM</b> _____	<b>3</b>

***Synthesis Categories:*** The two courses used to fulfill the synthesis requirements ***MAY NOT be from the same department***

_____	<b>CONTEMP. GLOBAL ISS</b> _____	<b>3</b>
_____	<b>SCIENCE, TECH &amp; SOC.*</b> _____	<b>3</b>
_____	<b>WIC*</b> _____	<b>3</b>

\* denotes category may be fulfilled by a required course in option

<b>CREDITS NEEDED TO GRADUATE:</b>	<b>180</b>
Upper division credits needed:	60
<b>A maximum of 11 PAC credits can be counted toward graduation</b>	