

Introduction

The four pathways presented below (Pre-health, Physical activity/health promotion, Fitness/Strength and conditioning, and Exercise physiology) represent courses that are either required or specifically designed to optimize your success in a given career area. Students should work with their faculty and academic advisor to choose courses that are specific prerequisites for further study in their area of interest.

Pre Health Pathway

For students interested in careers that include: Doctor of Physical Therapy, Occupational Therapy, Physician Assistant Studies, Athletic Training, Nursing, and Medicine.

Semester 1 – 17 credits

Semester 2 – 18 credits

English 101	English 102
First Year Seminar	Careers in Exercise and Health Science
Fitness and Wellness	Statistics for Health Professionals
Nutrition for Health Professionals	Strength and Conditioning
General Biology 1	Arts and Humanities or World Language/Culture
College Algebra or ALEKS	Microbiology

Semester 3 – 16 credits

Semester 4 – 14 credits

Psychology	Anatomy and Physiology 2
Intermediate Seminar	Health Fitness Assessment
Anatomy and Physiology 1	Adapted Physical Activity
Physical Activity and Health	Arts and Humanities or World Language/Culture
Calculus	

Semester 5 – 15 credits

Semester 6 – 14 credits

Arts and Humanities or World Language/Culture	Arts and Humanities or World Language/Culture
Applied Kinesiology	Exercise Program Design
Exercise Physiology	Research Methods
Exercise Physiology Lab	General Chemistry 2
General Chemistry 1	

Semester 7 – 14 credits

Semester 8 – 16 credits

Health Behavior Change	Internship
Research Methods 2	Physics 2
Physics 1 or Organic Chemistry	
Independent Study – UG Research	

Physical Activity and Health Promotion Pathway

For students who are interested in careers that include: Community Health Specialist, Health Educator, Special Populations Physical Activity Specialist, and Wellness Coach.

Semester 1 – 17 credits

Semester 2 – 15 credits

English 101	English 102
First Year Seminar	Careers in Exercise and Health Science
Fitness and Wellness	Statistics for Health Professionals
Nutrition for Health Professionals	Nutrition for Health Professionals
General Biology 1	Arts and Humanities or World Language/Culture
College Algebra or ALEKS	

Semester 3 – 16 credits

Semester 4 – 16 credits

Psychology	Anatomy and Physiology 2
Intermediate Seminar	Adapted Physical Activity
Anatomy and Physiology 1	Health Behavior Change
Physical Activity and Health	Worksite Wellness
Strength and Conditioning	Gen Ed

Semester 5 – 16 credits

Semester 6 – 13 credits

Arts and Humanities or World Language/Culture	Exercise Program Design
Health Fitness Assessment	Exercise Physiology
Applied Kinesiology	Exercise Physiology Lab
Obesity and Weight Management	Exercise and Aging
Communications 105/220	Gen Ed

Semester 7 – 15 credits

Semester 8 – 12 credits

Arts and Humanities or World Language/Culture	Internship
Fitness Management	
Pediatric Exercise	
Gen Ed	
Gen Ed	

Fitness and Strength and Conditioning Pathway

For students that are interested in careers that include: Certified Personal Trainer, Certified Strength and Conditioning Coach, Sport Performance Coach, and Fitness or Recreation Manager.

Semester 1 – 17 credits

Semester 2 – 15 credits

English 101	Arts and Humanities or World Language/Culture
First Year Seminar	English 102
Fitness and Wellness	Careers in Exercise and Health Science
General Biology 1	Statistics for Health Professionals
College Algebra or ALEKS	Nutrition for Health Professionals

Semester 3 – 16 credits

Semester 4 – 16 credits

Psychology	Arts and Humanities or World Language/Culture
Intermediate Seminar	Anatomy and Physiology 2
Anatomy and Physiology 1	Adapted Physical Activity
Physical Activity and Health	Health Behavior Change
Strength and Conditioning	Sports Injury Prevention

Semester 5 – 13 credits

Semester 6 – 13 credits

Arts and Humanities or World Language/Culture	Kinesiology
Health Fitness Assessment	Exercise Program Design
Sport Nutrition	Exercise Physiology
Conditioning for Performance	Exercise Physiology Lab
Gen Ed	Arts and Humanities or World Language/Culture

Semester 7 – 12 credits

Semester 8 – 12 credits

Adult Fitness Practicum	Internship
Fitness Management	
Obesity and Weight Management	
Communication 105/220	
Gen Ed	

Exercise Physiology Pathway

For students that are interested in careers that include: Certified Exercise Physiologist, Clinical Exercise Physiologist, Research Assistant, Coordinator, Director, or Cardiopulmonary Rehabilitative Specialist.

Semester 1 – 17 credits

Semester 2 – 15 credits

English 101	English 102
First Year Seminar	Careers in Exercise and Health Science
Fitness and Wellness	Statistics for Health Professionals
Nutrition for Health Professionals	Strength and Conditioning
General Biology 1	Arts and Humanities or World Language/Culture
College Algebra or ALEKS	

Semester 3 – 16 credits

Semester 4 – 17 credits

Psychology	Anatomy and Physiology 2
Intermediate Seminar	Health Fitness Assessment
Anatomy and Physiology 1	Adapted Physical Activity
Physical Activity and Health	Health Behavior Change
Calculus	Gen Ed

Semester 5 – 14 credits

Semester 6 – 15 credits

Arts and Humanities or World Language/Culture	Exercise Physiology
Applied Kinesiology	Exercise Physiology Lab
Exercise Program Design	Research Methods 1
General Chemistry 1	General Chemistry 2
	Gen Ed

Semester 7 – 14 credits

Semester 8 – 12 credits

Arts and Humanities or World Language/Culture	Internship
Research Methods 2	
Exercise Physiology 2	
Independent Study – UG Research	