

# EXERCISE SCIENCE, PHYSICAL EDUCATION, & RECREATION: GENERAL EXERCISE SCIENCE CONCENTRATION, BACHELOR OF SCIENCE

The BS degree in EXPER prepares program graduates for professional positions in worksite, clinical, school, fitness government and community settings.

- Graduates of the General Exercise Science coursework are prepared for exercise and fitness related professional positions. This concentration is an excellent selection for students preparing for advanced study in fields such as exercise physiology, heart rehabilitation, coaching, fitness, wellness, or sport administration.

Exercise Science, Physical Education, and Recreation students will:

1. Possess content knowledge and skills necessary for their perspective fields of study.
2. Exhibit the ability to read and interpret scientific research with application of the scientific methods, statistics, study design, and reporting.
3. Evaluate and integrate critical concepts and skills acquired in the EXPER program to common professional problems in the fields of interest.
4. Exhibit effective oral and written communication regarding subjects related to EXPER in individual and group settings.
5. Apply and demonstrate knowledge, skills, and critical problem solving in a field-based setting.

## Specific Program Requirements

Course	Title	Credits
<b>Required General Education Courses</b>		<b>35</b>
BIOL 223 & 223L	Human Physiology and Anatomy I (GT-SC2) and Human Physiology and Anatomy I Lab (GT-SC1)	4
BIOL 224 & 224L	Human Physiology and Anatomy II (GT-SC2) and Human Physiology and Anatomy II Lab (GT-SC1)	4
CID 103	Speaking & Listening	3
MATH 101	Introductory College Mathematics (GT-MA1)	3
PSYC 151	Human Development (GT-SS3)	3
English		6
History		3
Humanities		6
Social Science		3
<b>Required Major Courses</b>		<b>27</b>
AT 232	First Aid	2
BIOL 112	Nutrition	3
EPER 101	Intro to EXPER	2

EPER 162	Personal Health	3
EPER 162L	Personal Health Lab	1
EPER 222	Behavior Facilitation	3
EPER 343	Research and Statistics	3
EPER 344	Exercise Physiology	3
EPER 344L	Exercise Physiology Lab	1
EPER 364	Kinesiology	3
EPER 461	Managing Events & Programs	3
<b>Required Concentration Courses</b>		<b>20</b>
AT 260	Injury/Illness Care and Prevention	3
CIS 100	Introduction to Word	1
CIS 103	Introduction to PowerPoint	1
CIS 104	Introduction to Excel Spreadsheets	1
EPER 201	Drugs and Healthy Lifestyles	3
EPER 436	Exercise Assessment & Prescription	3
EPER 493	Seminar	2
EPER 498	Internship	6
<b>Major Electives</b> <sup>10 credits must be upper division. Must select from list below.</sup>		<b>18</b>
<b>Additional Electives and/or Minor</b> <sup>1</sup>		<b>20</b>
<b>Total Credits</b>		<b>120</b>

<sup>1</sup> Students must have 40 credits of upper division courses. The major requires 34 credits of upper division.

## Major Electives (Select 18 hours. 10 credits must be upper division.)

Course	Title	Credits
EPER 102	Mountain Orientation	2
EPER 103	Winter Orientation	2
EPER 104	Desert Orientation	2
EPER 105	Canyon Orientation	2
EPER 106L	Martial Arts and Self-Defense	1
EPER 107L	Triathlon	1
EPER 108L	Yoga	1
EPER 109L	Volleyball	1
EPER 110L	Weight Training	1
EPER 111	Commitment to Academic Excellence	1
EPER 112L	Rock Climbing	1
EPER 113L	Whitewater Boating	1
EPER 114L	Basic Mountaineering Techniques	1
EPER 116L	Camping	1
EPER 117L	Backpacking	1
EPER 118L	Fly Fishing	1
EPER 119L	Walking for Fitness	1
EPER 120L	Introduction to Search and Rescue	1
EPER 123L	Zumba	1
EPER 124L	Tai Chi	1
EPER 125L	Snow Sports	1
EPER 126L	Personal Fitness	1
EPER 127L	Jogging	1
EPER 128L	Aerobics	1
EPER 146L	Beginning Swimming	1

EPER 175L	Racquetball	1
EPER 176L	Life Guard Training	2
PSYC 205	Introduction to Sport Psychology	3
EPER 205L	Snow Sports II	1
EPER 208L	Yoga II	1
EPER 211	Commitment to Service	1
HS 230	Foundations of Public Health	3
EPER 233	History & Principles of Physical Education & Rec	2
EPER 240	Recreation Program Design	3
EPER 243	Methods of Rhythmic Activities	2
EPER 245	Motor Learning and Development	3
EPER 246L	Methods of Swimming	1
EPER 250	Commercial Recreation and Tourism	3
EPER 249	Challenge Course Leadership	2
EPER 270	Outdoor Leadership I	2
EPER 280	Foundations of Therapeutic Recreation	3
EPER 301	Fitness Technology & Applications	1
EPER 310L	Adv Methods Strength & Conditioning	2
EPER 320	NSCA Test Preparation	3
EPER 322	Wilderness First Aid	2
AT 323	Functional Exercise Training	2
HS 330	Epidemiology & Disease Prevention	3
EPER 345	Methods of Physical Activities & Games I	2
EPER 346	Methods Physical Activities & Games II	2
EPER 347	Methods of Fitness Instruction	1
EPER 348	Methods of Individual and Dual Sports	3
EPER 349	Methods of Outdoor PE & Sustainability	2
EPER 350	Leadership & Ethics	3
EPER 360	Outdoor Education	3
EPER 362	Methods of Health Education	3
EPER 375	Research & Evaluation of Recreation	3
EPER 432	Applied Sport & Exercise Psychology	3
EPER 440	Biomechanics	3
EPER 464	Adapted Physical Education	3
EPER 469	Coaching/Officiating Track & Field	2
EPER 470	Methods of Coaching	3
EPER 471	Coaching & Officiating Football	2
EPER 472	Coaching and Officiating Basketball	2
EPER 475	Coaching and Officiating Volleyball	2
EPER 480	Business of Tourism	3
EPER 482	Coaching and Officiating Wrestling	2
EPER 483	Coaching and Officiating Baseball	2
EPER 484	Outdoor Resources & Management	3
EPER 485	Recreation Facility Design/Management	3
EPER 486	Coaching And Officiating Soccer	2
EPER 492	Research	1-6
EPER 494	Field Experience	1-6
EPER 495	Independent Study	1-5

- Complete a concentration of study with a cumulative GPA of 2.50 or higher;
- Earn a 2.0 overall GPA to enroll in 300 or 400-level courses in the department;
- Earn a minimum grade of a "C" in all prerequisite and major courses;
- Repeat prerequisite and major courses with a grade of "D" or lower until a grade of "C" or higher is achieved;
- Earn a cumulative GPA of 2.0 or higher in required English and speech communication courses;
- Earn at least 120 credit hours with at least 40 upper-division credits;
- Successfully complete an internship or field experience course; and
- Submit a graduation contract by the deadline the semester of graduation.

## Planning Sheet

Disclaimer: The Planning Sheet is designed as a guide for student's planning their course selections. The information on this page provides only a suggested schedule. Actual course selections should be made with the advice and consent of an academic advisor. While accurately portraying the information contained in the college catalog, this form is not considered a legal substitute for that document. Students should become familiar with the catalog in effect at the time in which they entered the institution.

Course	Title	Credits
<b>Year 1</b>		
<b>Fall</b>		
EPER 101	Intro to EXPER	2
EPER 162 & 162L	Personal Health and Personal Health Lab	4
ENG 101	Rhetoric & Writing I (GT-CO1)	3
Choose 1 MATH course	Take MATH 120 if you plan to take CHEM 121 and/or PHYS 201	3
MATH 101	Introductory College Mathematics (GT-MA1)	
MATH 120	College Algebra (GT-MA1)	
Major Elective	Must be from majors list lower division.	3
		<b>Credits</b>
		<b>15</b>
<b>Spring</b>		
AT 260	Injury/Illness Care and Prevention	3
BIOL 112	Nutrition	3
CIS 100	Introduction to Word	1
CIS 103	Introduction to PowerPoint	1
CIS 104	Introduction to Excel Spreadsheets	1
ENG 102	Rhetoric & Writing II (GT-CO2)	3
Major Elective	Must be from majors list lower division.	3
		<b>Credits</b>
		<b>15</b>
<b>Year 2</b>		
<b>Fall</b>		
BIOL 223	Human Physiology and Anatomy I (GT-SC2)	3
BIOL 223L	Human Physiology and Anatomy I Lab (GT-SC1)	1
CID 103	Speaking & Listening	3
EPER 201	Drugs and Healthy Lifestyles	3
EPER 222	Behavior Facilitation	3
Major Elective	Must be from majors list lower division.	2
		<b>Credits</b>
		<b>15</b>
<b>Spring</b>		
AT 232	First Aid	2
BIOL 224	Human Physiology and Anatomy II (GT-SC2)	3
BIOL 224L	Human Physiology and Anatomy II Lab (GT-SC1)	1
Major Elective	Must be from majors list upper division.	3
PSYC 151	Human Development (GT-SS3)	3

## Specific Graduation Requirements

All HSHM Majors are required to:

General Education (History)		3
	<b>Credits</b>	<b>15</b>
<b>Year 3</b>		
<b>Fall</b>		
EPER 343	Research and Statistics	3
General Education (social science & humanities)		6
Major Elective <small>Must be from major upper division.</small>		3
Elective or Minor		3
	<b>Credits</b>	<b>15</b>
<b>Spring</b>		
EPER 364	Kinesiology	3
Major Elective <small>Must be from majors list upper division.</small>		4
Elective or Minor		5
General Education (humanities)		3
	<b>Credits</b>	<b>15</b>
<b>Year 4</b>		
<b>Fall</b>		
EPER 344	Exercise Physiology	3
EPER 344L	Exercise Physiology Lab	1
EPER 493	Seminar	2
Elective or Minor <small>3 must be upper division</small>		9
	<b>Credits</b>	<b>15</b>
<b>Spring</b>		
EPER 436	Exercise Assessment & Prescription	3
EPER 461	Managing Events & Programs	3
EPER 498	Internship	6
Elective or Minor <small>Must be upper division.</small>		3
	<b>Credits</b>	<b>15</b>
	<b>Total Credits</b>	<b>120</b>