

HEALTH & EXERCISE SCIENCE

Health & Exercise Science Major

REQUIRED COURSES:

CORE:

- SPSC 107 Nutrition
- SPSC 110 Introduction to Health Careers
- SPSC 120 Functional Human Anatomy
- SPSC 210 Scientific Writing (2 credits)
- COOP 219 Internship Prep (1 credit)
- SPSC 310 Exercise Physiology
- SPSC 319 Internship (minimum of 2 credits)

BIOLOGICAL SCIENCES: choose at least one

- BIOL 104 Human Biology
- BIOL 225 Human Physiology
- BIOL 322 Human Anatomy

HUMAN BODY STRUCTURE AND FUNCTION: choose at least one

- SPSC 220 Clinical Lower
- SPSC 225 Clinical Upper
- SPSC 278 Clinical Conditions and Medical Terminology

PROGRAM DESIGN: choose 8 credits

- SPSC 235 Essentials of Strength and Conditioning
- SPSC 341 Exercise Testing and Prescription
- SPSC 355 Advanced Exercise Prescription
- SPSC 360 Therapeutic Modalities and Interventions
- SPSC 145, 245 or 345 Strength and Conditioning Practicum

HEALTH, WELLNESS, AND RISK MANAGEMENT: choose at least one

- SPSC 250 Personal Health and Wellness
- SPSC 256 Health Promotion, Education and Behavior
- SPSC 263 Sport Law

CAPSTONE: choose one

- SPSC 385 Capstone Internship
- SPSC 388 Program Design Practicum
- SPSC 398 Independent Research