

Exercise Science: Pre-Health Science (B.S.)

Student Name: _____ ID Number: _____

Major Requirements

This major requires classes that are taught at the ACTC institutions of St. Catherine University and the University of St. Thomas.

Term Completed/Planned	Grade	Credit	✓	Course #	Title
_____	_____	4	<input type="checkbox"/>	HPE104	Components of Fitness Training
_____	_____	4	<input type="checkbox"/>	HPE110	Personal and Community Health
_____	_____	2	<input type="checkbox"/>	HPE114	Health and Safety Education
_____	_____	2	<input type="checkbox"/>	HPE115	Chemical Dependency Education
_____	_____	2	<input type="checkbox"/>	HPE205	Introduction to Health, Physical Education, and Exercise Science
_____	_____	4	<input type="checkbox"/>	HPE215	Health and Exercise Psychology
_____	_____	2	<input type="checkbox"/>	HPE275	Prevention and Care of Athletic Injuries
_____	_____	4	<input type="checkbox"/>	HPE304	Advanced Fitness Training (or HLTH400 at St. Thomas)
_____	_____	2	<input type="checkbox"/>	HPE305	Stress Management
_____	_____	2	<input type="checkbox"/>	HPE315	Exercise Testing and Prescription
_____	_____	4	<input type="checkbox"/>	HLTH345	Nutrition for Health and Fitness (at St. Thomas)
_____	_____	4	<input type="checkbox"/>	HPE350	Kinesiology
_____	_____	4	<input type="checkbox"/>	HPE351	Physiology of Exercise
_____	_____	2	<input type="checkbox"/>	HPE357	Measurement in Health, Physical Education, and Exercise Science
_____	_____	2	<input type="checkbox"/>	HPE450	Current Health Issues
_____	_____	4	<input type="checkbox"/>	HPE490	Exercise Science Seminar and Keystone (KC)
Complete one (1) of HPE397 or HPE399					
_____	_____	2	<input type="checkbox"/>	HPE397	Internship
_____	_____	4	<input type="checkbox"/>	HPE399	Internship
Supporting Courses					
_____	_____	4	<input type="checkbox"/>	BIO151	Introductory Biology (NSM-L)
_____	_____	4	<input type="checkbox"/>	BIO152	Evolution, Ecology, and Diversity (NSM-L)
_____	_____	4	<input type="checkbox"/>	BIO253	Introductory Cellular Biology
_____	_____	4	<input type="checkbox"/>	BIO353	Comparative Vertebrate Anatomy
_____	_____	4	<input type="checkbox"/>	BIO473	Animal Physiology
_____	_____	4	<input type="checkbox"/>	CHM115	General Chemistry I (NSM-L)
_____	_____	4	<input type="checkbox"/>	CHM116	General Chemistry II (NSM-L)
_____	_____	4	<input type="checkbox"/>	EXSS3650	Methods for Fitness Professionals (at St. Catherine)
_____	_____	2	<input type="checkbox"/>	EXSS4300	Advanced Biomechanics (at St. Catherine)
_____	_____	2	<input type="checkbox"/>	FSNU3250	Sports Nutrition (at St. Catherine)
_____	_____	4	<input type="checkbox"/>	MAT114	Precalculus
_____	_____	2	<input type="checkbox"/>	INDI2220	Medical Terminology (at St. Catherine)
_____	_____	2	<input type="checkbox"/>	INDI4900	Intro to Physical Therapy (at St. Catherine)
_____	_____	2	<input type="checkbox"/>	HPE220	Motor Learning and Development
_____	_____	4	<input type="checkbox"/>	PHYS1080	Physics for the Health Sciences I (at St. Catherine)
_____	_____	4	<input type="checkbox"/>	PHYS1090	Physics for the Health Sciences II (at St. Catherine)
_____	_____	4	<input type="checkbox"/>	PSY105	Principles of Psychology
_____	_____	4	<input type="checkbox"/>	PSY215	Research Methods and Statistics I
_____	_____	4	<input type="checkbox"/>	PSY262	Abnormal Psychology

Abbreviation Key: ML = Modern Language; SC = Signature Curriculum; EM = Engaging Minneapolis; AE = Augsburg Experience; KC = Senior Keystone Course; NSM = Natural Science & Mathematics - no lab; NSM-L = Natural Science & Mathematics-with lab; SBS = Social & Behavioral Science; FA = Fine Arts; HUM = Humanities

Student Signature

Date

Faculty Adviser Signature

Date

Student and faculty signature are required for submission with the Intent to Graduate form.