

**Exercise Science (B.S.)**

2026-2027 catalog

**Student Name:** \_\_\_\_\_ **ID Number:** \_\_\_\_\_

**Major Requirements**

Term Completed/Planned	Grade	Credit	Course #	Title
_____	_____	4	HPE104	Components of Fitness Training
_____	_____	2	HPE150	Introduction to Health, Physical Education, and Exercise Science
_____	_____	4	HPE203 and 203L	Human Anatomy and Physiology ( <i>or completed as BIO103/103L</i> )
_____	_____	2	HPE214	Health and Safety Education
_____	_____	2	HPE240	Medical Terminology
_____	_____	4	HPE300	Nutrition for Exercise Science
_____	_____	4	HPE303 and 303L	Advanced Human Anatomy and Physiology
_____	_____	2	HPE315	Exercise Testing and Prescription
_____	_____	2	HPE321	Motor Learning and Development
_____	_____	4	HPE350 and 350L	Kinesiology
_____	_____	2	HPE357	Research Methods and Measurement in Health, Physical Education, and Exercise Science
_____	_____	2	HPE370 and 370L	Prevention and Care of Athletic Injuries
_____	_____	4	HPE404	Advanced Fitness Training
_____	_____	2	HPE450	Current Health Issues
_____	_____	4	HPE451 and 451L	Physiology of Exercise
_____	_____	2	HPE452	Advanced Biomechanics
_____	_____	4	HPE490	Exercise Science Seminar and Keystone
Complete <b>one (1)</b> of HPE397 or HPE399				
_____	_____	2	HPE397	Internship
_____	_____	4	HPE399	Internship
Complete <b>six (6)</b> credits of electives chosen from:				
_____	_____	2	WEL133	Nutrition, Activity, and Healthy Eating
_____	_____	2	HPE115	Chemical Dependency Education
_____	_____	4	HPE206	Introduction to Sport and Fitness Management
_____	_____	4	HPE215	Health and Exercise Psychology
_____	_____	4	HPE380	Coaching Theory
_____	_____	4	HPE382	Sport Psychology
_____	_____	5	BIO151 and 151L	Introductory Biology I
_____	_____	5	BIO152 and 152L	Introductory Biology II
_____	_____	5	CHM115 and 115L	General Chemistry I
_____	_____	5	CHM116 and 116L	General Chemistry II
_____	_____	4	PSY105	Principles of Psychology