

Bachelor of Science- Health and Exercise Science

Academic Planning Program

Fall	Spring
ICON 100 I-Connect (3)	PHES 215 Nutrition (3)
ENGL 101 English Composition (3)	COM 121 Fundamentals of Public Communications (3)
MATH 122 Algebra (3)	BIOL 218 Human Anatomy (3)
SOHS 150 Topics & Term Med (3)	PSYC 121 Introduction to Psychology (3)
PHES 134 Introduction to Exercise Science (3)	THEO 105 Franciscan Tradition (3)
15 semester credit hours	15 semester credit hours
Fall	Spring
MATH 302 Statistics (3)	PHES 410 Kinesiology (3)
PHES 360 Exercise Physiology (3)	PHES 260 Stress Management (3)
PSYC 232 Human Growth & Development (3)	ENGL 104 Rhetoric of Inquiry (3)
PHES 225 Health Communication (3)	Directed Elective (3)
Directed Elective (3)	Directed Elective (3)
15 credit hours	15 credit hours
Fall	Spring
History or Theology Distribution (3)	PHES 465 Exercise Prescription (3)
Literature or Art Distribution (3)	History or Theology Distribution (3)
Directed Elective (3) (PHES 245 or 323 recommended)	Society & Environment Distribution (3)
Directed Elective (3)	Directed Elective (3)
Elective (3)	Elective (3)
15 credit hours	15 credit hours
Fall	Spring
Philosophy Distribution (3)	Literature or Art Distribution (3) (GE)
PHES 480 Internship (3)	Directed Elective (3)
PHES 470 Health Promotion (3)	Directed Elective (3)
Directed Elective (3)	Elective (3)
Elective (3)	Elective (3)
15 credit hours	15 credit hours (120 credit hours total)

Health & Wellness Directed Electives:

BIOL 222 Anatomy & Physiology II, MGMT 230 Principles of Management, Business, Accounting, Management or Marketing, NTRN 250 or higher, PHES 127 Strength and Conditioning, PHES 240 Sports Nutrition, PHES 245 Personal Training, PHES 250 Group Exercise Instruction, PHES 255 Fundamentals of Coaching, PHES 320 Current Issues in Health, PHES 323 Coaching/Teaching Athletic Conditioning, PHES 324 Coaching & Teaching Team Sports I, PHES 325 Coaching & Teaching Team Sports II, PHES 326 Teaching, Strategies & Methods for Racquet Sports, PHES 328 Teaching Strategies & Methods for Basketball, Soccer and Volleyball, PHES 335 Introduction to Adapted Physical Education, PHES 361 ECK Interpretation for Exercise Science, PHES 405 Care & Prevention of Injury in the Physically Active, PHES 415 Field Studies in Exercise Science, PHES 452 Biomechanics, PHES 456 School Health, PHES 457 Community Health, PHES 460 Topics in Nutrition and Fitness, PHES 485 Advanced Study of Strength and Conditioning, PSYC 300 or higher, PTA 272 Patient Skills II, PTA 274 Medical Lectures, SOCI 135 Introduction to Race & Ethnicity, SOCI 251 Sociology of Health, SOCI 252 Sociology of Sports, SOCW 377 Cultural Diversity & Human Rights

Kinesiology:

BIOL 190 Principles of Biology I, BIOL 191 Principles of Biology II, BIOL 222 Anatomy & Physiology II, BIOL 223 Intro to Microbiology, BIOL 226 Microbiology, BIOL 270 Pathophysiology, CHEM 141 Principles of Chemistry I, CHEM 142 Principles of Chemistry II, CHEM 243 Organic Biochemistry, NTRN 250 or higher, PHES 245 Personal Training, PHES 250 Group Exercise Instruction, PHES 320 Current Issues in Health, PHES 335 Introduction to Adapted Physical Education, PHES 361 ECG Interpretation for Exercise Science, PHES 405 Care & Prevention of Injury in Physically Active, PHES 415 Field Studies in Exercise Science, PHES 452 Biomechanics, PHES 460 Topics in Nutrition and Fitness, PHES 485 Advanced Study of Strength and Conditioning, PSYC 300 or higher, PTA 272 Patient Care Skills III, PTA 274 Medical Lectures, SCIE 257 Physics I, SCIE 258 Physics II, SOCI 135 Introduction to Race & Ethnicity, SOCW 377 Cultural Diversity & Human Rights