

Exercise, Performance & Health Optimization (EPHB)

Freshman

| Fall | Hours | Spring | Hours |
|---|-----------|--|-------------|
| Select one of the following: BIOL 1020 Principles of Biology & BIOL 1021 Principles of Biology Laboratory BIOL 1027 Honors Biology | | 4 BIOL 2500 Human Anatomy and Physiology I BIOL 2501 Human Anatomy and Physiology I Laboratory ENGL 1120 English Composition II | 3 1 3 |
| ENGL 1100 English Composition I | | 3 Core Humanities | 3 |
| MATH 1130 Pre-Calculus Trigonometry | | 3 Core Social Science | 3 |
| Core Fine Art | | 3 PHED Elective | 2 |
| KINE 1100 Wellness & Public Health | | 3 | |
| | 16 | | 15 |

Sophomore

| Fall | Hours | Spring | Hours |
|--|-----------|--|-------------------------------|
| BIOL 2510 Human Anatomy and Physiology II BIOL 2511 Human Anatomy and Physiology II Laboratory Core Literature ¹ Core History ¹ Core Social Science KINE Elective² | | 3 Select one of the following: 1 BIOL 1030 Organismal Biology & BIOL 1031 Organismal Biology Laboratory 3 BIOL 1037 Honors Organismal Biology 3 Core Literature or Core Humanities ¹ 3 Core History or Core Social Science ¹ 3 Elective ² KINE 2250 Motor Development Across the Lifespan | 4 3 3 3 2 |
| | 16 | | 15 |

Junior

| Fall | Hours | Spring | Hours |
|--|-----------|--|-------------|
| KINE 3620 Biomechanical Analysis of Human Movement KINE 3621 Biomechanical Analysis of Human Movement Laboratory KINE 3680 Physiology of Exercise | | 3 KINE 3650 Motor Learning and Performance 1 Directed Electives ² 3 KINE 4600 Strength and Conditioning Development | 3 3 3 |
| KINE 2251 Motor Development Across the Lifespan Laboratory PHED Elective Directed Electives ² | | 1 KINE 4560 Sport Technique and Movement Analysis 2 KINE 4450 Physical Activity and Public Health 6 | 3 3 3 |
| | 16 | | 15 |

Senior

| Fall | Hours | Spring | Hours |
|--|-------|-------------------------------|-------|
| KINE 4620 Exercise and Sport Psychology | | 3 KINE 5920 Internship | 12 |

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|---|-----------|-----------------------------|-----------|
| KINE 4630 Strength and Conditioning Preparation | 3 | UNIV 4AA0 Achieve the Creed | 0 |
| KINE 4690 Corrective Exercise Specialist Preparation | 3 | | |
| KINE 5400 Exercise Assessment, Prescription, & Programming | 3 | | |
| Directed Electives ² | 3 | | |
| | 15 | | 12 |
| <hr/> | | | |
| Total Hours: 120 | | | |

¹ Students must complete a history sequence or a literature sequence.

² Directed Electives and KINE Electives: See advisor for approved course options.