

# APPLIED EXERCISE SCIENCE: SPORT AND COACHING SCIENCE, BS

## Example Plan of Study

### Finish in Four Plan of Study

The plan below is an **example** of how students can successfully complete degree requirements in four years. This suggested class schedule plan may be used as a guide and can be adjusted based on individual needs. Students are required to meet with an academic advisor prior to enrollment each semester to plan their class schedule, and students are ultimately responsible for completing all degree requirements.

Course	Title	Hours
<b>Freshman</b>		
<b>Fall</b>		
ENGL 1113 or ENGL 1313	Composition I or Critical Analysis and Writing I	3
Course designated (A, H, N, S)		3
BIOL 1113 & BIOL 1111 or BIOL 1114	Introductory Biology (N) or Introductory Biology (LN)	4
HHP 1703	Introduction to Exercise Science	3
UNIV 1111	First Year Seminar	1
<b>Hours</b>		<b>14</b>
<b>Spring</b>		
ENGL 1213 or ENGL 1413 or ENGL 3323	Composition II or Critical Analysis and Writing II or Technical Writing	3
POLS 1113	American Government	3
Course Designated (H)		3
MATH 1513	College Algebra (A)	3
NSCI 2013	Principles of Human Nutrition (N)	3
EDHS 1111	First Year Seminar Supplement	1
<b>Hours</b>		<b>16</b>
<b>Sophomore</b>		
<b>Fall</b>		
HIST 1103 or HIST 1483 or HIST 1493	Survey of American History or American History to 1865 (H) or American History Since 1865 (DH)	3
Course Designated (H)		3
HHP 3133	Ergogenic Aids for Sports and Human Performance	3
STAT 2013 or STAT 2023 or STAT 2053	Elementary Statistics (A) or Elementary Statistics for Business and Economics (A) or Elementary Statistics for the Social Sciences (A)	3
Controlled Elective Course		3
<b>Hours</b>		<b>15</b>
<b>Spring</b>		
PSYC 1113	Introductory Psychology (S)	3
HHP 3333	Ethics in Sports Administration and Coaching	3
HHP 2654	Applied Anatomy	4
Controlled Elective Course		3
Controlled Elective Course		2
<b>Hours</b>		<b>15</b>
<b>Junior</b>		
<b>Fall</b>		
HHP 3553	Theory and Practice of Coaching	3
HHP 2553	Basic Athletic Injury Management	3

HHP 3443	Psychosocial Aspects of Sport and Coaching	3
HHP 3663	Biomechanics	3
Controlled Elective Course		3
<b>Hours</b>		<b>15</b>
<b>Spring</b>		
HHP 3114	Physiology of Exercise	4
Controlled Elective Course		3
Controlled Elective Course		2
Controlled Elective Course		3
Course designated (N)		4
<b>Hours</b>		<b>16</b>
<b>Senior</b>		
<b>Fall</b>		
HHP 4773	Principles of Exercise Testing and Prescription	3
HHP 4124	Principles of Strength and Conditioning	4
Controlled Elective Course		3
Controlled Elective Course		3
Course Designated (A), (H), (N), or (S)		2
<b>Hours</b>		<b>15</b>
<b>Spring</b>		
HHP 4480	Internship in Health and Human Performance	5
NSCI 4133	Nutrition for Exercise and Sport	3
Controlled Elective Course		3
HHP 4013	Motor Control and Learning	3
<b>Hours</b>		<b>14</b>
<b>Total Hours</b>		<b>120</b>