

Student Name _____

University ID # _____

Advisor Name _____

Bulletin Year: _____

EXERCISE SCIENCE COURSES IN THE MAJOR (63 credit hours)						
Course Title	Course	Cr. Hrs.	Transfer/ Substitution Course	Transfer/ Substitution Cr. Hrs.	Grade	Notes
Learning Community HPER-L135 (for new students + transfers with <15 hrs)	HPER-L 135	1				
First Aid and Emergency Care	HPER-H 160	3				
Computer Applications in Physical Education	HPER-P 200	3				
Introduction to Exercise Science	HPER-P 212	3				
Principles & Practice of Exercise Science	HPER-P 215	3				
Human Nutrition	HPER-N 220	3				
Performance & Teaching of Cardiovascular Fitness	HPER-P 244	2				
Performance & Teaching of Resistance Training	HPER-P 245	2				
Performance & Teaching of Activities for Persons with Disabilities	HPER-P 258	1				
Lifetime Sports (at Camp Brosius)	HPER-P 271	1				
Dynamics-Camp Leadership (at Camp Brosius)	HPER-R 275	2				
Personal Health	HPER-H 363	3				
Progressive Resistance Exercise & Sport Conditioning	HPER-P 373	3				
Basic Electrocardiogram for Exercise Sciences	HPER-P 374	2				
Biomechanics	HPER-P 391	3				
Professional Practice Programs in Physical Education, Health, and Recreation (Practical Experience)	HPER-P 393	7				
Rhythmic Aerobic Training	HPER-P 403	3				
Introduction to Sport Psychology	HPER-P 405	3				
Basic Physiology of Exercise	HPER-P 409	3				
Physical Activity Programming for Individuals with Disabilities and Other Special Populations	HPER-P 410	3				
Fitness Testing & Interpretation	HPER-P 419	3				
Internship in Exercise Science	HPER-P 443	3				
Motor Learning	HPER-P 452	3				

Total Credit Hours	0
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Cr. Hrs. Needed to Reach 124 Cr. Hrs.	124
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Completed at least 30 cr. hrs. of the last 60 cr. hrs. while a PETM student and the 30 cr. hrs. should include either one 12 cr. hr. regular semester or two 6 cr. hr. summer sessions.

Approved By (Department) _____ Date _____

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