

Exercise Science
Program
Change in Approved Plan of Study

Obtaining a Bachelor of Science degree in Exercise Science (ES) requires the successful completion of ES program approved curriculum. The ES program curriculum at FGCU utilizes the two-plus-two concept required by Florida's State University System. The lower division, program prerequisite and University requirements (pre-professional phase) are completed prior to entry into the ES program, usually during the first two years of academic study. Successful completion of the professional phase or upper division coursework (i.e. the ES major requirements) requires the fulfillment of all program prerequisites and general education requirements. The professional phase includes a minimum of 60 semester hours completed in five sequential terms during a two-year period.

The professional phase curriculum usually requires a student to carry full-time credit hours (12-15) during the terms a student is in the ES program. The approved curriculum plan for ES students is the following:

<i>Fall term 1st Year</i>	<i>Spring term 1st Year</i>	<i>Summer term 1st Year</i>
<ul style="list-style-type: none"> • APK 3141C-Anat and Biomech Human Mvmt I (3) • PHY 2053C- College physics I (4) • APK 3125-Fitness Assessment and Exercise Prescription (3) • APK 3125L-FA & EP lab (2) • APK 3931-Selected topics in HP (1) 	<ul style="list-style-type: none"> • APK 3312-Pharmacology and Ergogenic Aids in Sport and Human Performance (2) • APK 3142C-Anat and Biomech Human Mvmt II (3) • APK 4138-Methods of RT and Conditioning (3) • APK 4138L-Methods of RT and Cond Lab 92) • APK 4050-Evidence Based Practice (3) 	<ul style="list-style-type: none"> • APK 4137-Exercise and Sport Physiology (4) • APK 4137L-Exercise and Sport Physiology Lab (2) • PET 3627C-Care and Prevention of Exercise Injuries (3)
Semester Credit Hours 13	Semester Credit Hours 13	Term Credit Hours 9
<i>Fall term 2nd Year</i>	<i>Spring term 2nd Year</i>	<p>Total Credit Hours in ES program = 60</p> <p><u>Minimum Credit Hours to Graduate = 120</u></p> <p>Legend: Red: class removed or retake Green: class addition Highlighted: class already completed</p>
<ul style="list-style-type: none"> • APK 4123-Human Performance and Energy Supplies (2) • APK 4120-Clinical Exercise Physiology (3) • Sport Psychology (3) • APK 4941-Experiential Learning I (<i>full-time experience</i>) (5) 	<ul style="list-style-type: none"> • IDS 3920-University Colloquium (3) • APK 4930-Preparation for Entering and Grow the Profession (3) • APK 4951-Capstone in Exercise Science • APK 4948L-Experiential Learning II (<i>full-time experience</i>) or restricted elective (5) 	
Semester Credit Hours 13	Semester Credit Hours 12	

Due to the rigor and applied nature of the ES program at FGCU, students are advised against altering the approved curriculum plan of study. Students who alter their plan of study risk completing the Exercise Science program successfully or in a timely manner. Additionally, students who alter their plan of study are not guaranteed Experiential Learning opportunities that would allow them to coordinate the registration for courses that are of either traditional (i.e. face to face) or virtual learning formats.

I, _____ acknowledge that I have been advised against changing my plan of study and am aware of the possible consequences if changes are made to my plan of study; however, I am electing to request a change in my pre-approved plan of study. Furthermore, I understand that any request to modify my plan of study requires that I submit a request to do so to my faculty advisor as outlined in the ES student guidebook. I recognize that failure to follow the guidelines set forth in the ES student guidebook could result in probation and/or dismissal from the ES program.

Name (signature)

Date

Exercise Science Program Advisor

Date