

# Bachelor of Science in Exercise Science – Years 3 & 4

The Exercise Science Program utilizes a cohort model for upper-level courses. All students will follow the below course model.

	Course Number	Course Title	Credits	Prerequisites	Offered
Fall Year 3	APK 3125	Fitness Assessment and Exercise Prescription	3		F
	APK 3125L	Fitness Assessment Lab	2		F
	PHY 2053/L	College Physics I and Lab	4	MAC 1147	F
	APK 3141C	Anat and Biomech Human Mvmt I	3		F
	APK 3931	Selected Topics: Human Perform	1		F
		Total Credits for Semester:		13	
Spring Year 3	APK 3312	Pharmacology and Ergogenic Aids	2		Sp
	APK 4050	Evidence Based Practice	3		Sp
	APK 3142C	Anat and Biomech Human Mvmt II	3	APK 3141C	Sp
	APK 4138	Methods of Resistance Training & Conditioning	3	APK 3125 & APK 3125L	Sp
	APK 4138L	Methods of Resistance Training & Cond. Lab	2	APK 3125 & APK 3125L	Sp
		Total Credits for Semester:		13	
Su Year 3	APK 4137	Exercise & Sport Physiology	4	APK 3142C	Su
	APK 4137L	Exercise & Sport Physiology Lab	2	APK 3142C	Su
	PET 3627C	Care & Prevention of Human Perform Injuries	3	APK 3125 & APK 3125L	Su
		Total Credits for Semester:		9	
Fall Year 4	APK 4123	Human Performance & Energy Supplies	2	APK 4137 & APK 4137L	F
	APK 4120	Clinical Exercise Physiology	3	PET 3627C	F
	APK 4941L	Experiential Learning I	5	APK 4137 & PET 3627C	F
	APK 4112	Sports Psychology	3	PSY 2012	F
		Total Credits for Semester:		13	
Spring Year 4	APK 4951	Capstone in Exercise Science	2	APK 4941L	Sp
	APK 4930	PDS II - Preparation for Entering & Growing in the Profession	2		Sp
	APK 4948L	Experiential Learning II or Restricted Elective	5	APK 4941L	Sp
	XXX XXXX	University Colloquium* or Restricted Elective	3		F, Sp, Su
		Total Credits for Semester:		12	

**Required in the Major**

**University Requirement**

Following this plan will result in completing 120 hours in the program; All students must earn a minimum of 3.0 cumulative GPA in the upper level Exercise Science courses.

**Additional Information:**

For Experiential Learning I & II, the Exercise Science program will attempt to place students at an approved community site. In some situations students will need to secure their own pre-approved placement which must meet the Exercise Science programs requirements for community site education. Please see the Exercise Science program website for addition criteria on Experiential Learning. Students must follow upper division student guidebook in year 3 & 4. The information provided in this document is subject to change. Please check our website for the most up-to-date information.