

MY DEGREE MAP COLLEGE OF HEALTH AND HUMAN SERVICES RECOMMENDED ACADEMIC PLAN EXERCISE SCIENCE PROGRAM-WELLNESS AND FITNESS CONCENTRATION PROGRAM YEAR 2023-24

| 1ST YEAR | | | | | | | |
|--|-----|-------------------------------------|------|--|------------|--|--|
| 1ST SEMESTER | HRS | 2ND SEMESTER | HRS | SUMMER SEA | MESTER | | |
| TROY 1101 | 1 | ENG 1102/04 | 3 | SELECT COURSES | | | |
| ENG 1101/03 | 3 | BIO 1101/L101 OR APPROVED COURSE | 3/1 | TERS OR COURSES SUCH AS | | | |
| MTH 1112 | 3 | CHM 1142/L142 | 3/1 | PREREQUISITE COURSES OR COURSES TO BE RETAKEN | | | |
| BIO 1100/L100 | 3/1 | APPROVED ELEC COURSE | 2 | | | | |
| AREA II FINE ARTS COURSE | 3 | AREA IV HIS COURSE | 3 | 3 | | | |
| TOTAL | 14 | TOTAL | 16 | | | | |
| | | 2ND YEAR | | | | | |
| 3RD SEMESTER | HRS | 4TH SEMESTER | HRS | SUMMER SEA | MESTER | | |
| КНР 3360 | 3 | AREA IV SS COURSE | 3 | SELECT COURSES | | | |
| AREA II LIT COURSE | 3 | КНР 3350 | 3 | NOT BEEN CON | S 2 SEMES- | | |
| BIO 2220 | 3 | IS 2241 | 3 | TERS OR COURSE PREREQUISITE CO | OURSES OR | | |
| AREA II HUM/FA COURSE | 3 | BIO 3347/L347 | 3/1 | COURSES TO BE | RETAKEN | | |
| KHP 1142 | 1 | KHP ACTIVITY COURSE | 1 | | | | |
| KHP 3345 | 1 | | 10.1 | | | | |
| TOTAL | 15 | TOTAL | 14 | | | | |
| | | 3RD YEAR | | | | | |
| 5TH SEMESTER | HRS | 6TH SEMESTER | HRS | SUMMER Semester | HRS | | |
| AREA IV SS COURSE | 3 | КНР 3395 | 2 | KHP 4405 | 3 | | |
| BIO 3348/L348 | 3/1 | KHP 4474/L474 | 3/1 | | B. Balanta | | |
| AREA II HUM/FA COURSE (LIT COURSE DR) | 3 | КНР 3352 | 3 | | | | |
| KHP 2211 | 3 | KHP 4425 | 3 | | | | |
| KHP 3391 | 3 | KHP 4460/L460 | 3/1 | * 141 H. | | | |
| TOTAL | 16 | TOTAL | 16 | | | | |
| | | 4TH YEAR | | | | | |
| 7TH SEMESTER | HRS | 8TH SEMESTER | HRS | SUMMER SEA | MESTER | | |
| KHP 4475 | 3 | KHP 4476 | 2 | | 1. 1 | | |
| KHP 4496/L496 | 3/1 | KHP 4488 | 3 | | | | |
| AT 3394 | 1 | КНР 4459 | 3 | | | | |
| КНР 2202 | 2 | КНР 4495 | 3 | 111.8-1.94 | | | |
| AREA IV SS COURSE | 3 | KHP 4497 | 1 | Server and | | | |
| and the second | | KHP 4487 | 2 | | | | |
| TOTAL | 13 | TOTAL | 14 | | | | |
| | 10 | 5TH YEAR | T | | | | |
| 9TH SEMESTER HRS | | | | | | | |
| KHP 4498 | 3 | TING | | | a sur la | | |
| TOTAL | 3 | | | | | | |
| MINIMUM HOURS REQUIRED FOR DEGREE 123 | | | | | | | |
| | | | | | | | |

MY DEGREE MAP COLLEGE OF HEALTH AND HUMAN SERVICES RECOMMENDED ACADEMIC PLAN EXERCISE SCIENCE PROGRAM-WELLNESS AND FITNESS CONCENTRATION PROGRAM YEAR 2023-24

| COMPLETE ALL 6 SUB-REQUIREMENTS | (63 HOURS) | | | |
|---|--|--|--|--|
| A. AREA I: | | | | |
| Take the following courses: Minimum Grade of "C" required ENG 1101 Comp and Modern English I ENG 1102 Comp and Modern English II | 3 HOURS 3 HOURS | | | |
| B. AREA II: | | | | |
| Take any 1000-2000 level course in literature Take any 1000-2000 level course with an expanded historical and Cultural Scope In Fine Arts, including the disciplines of Art, music, theatre, film, or other fine Arts area. Take any two 1000-2000 level courses with an expanded Historical and Cultural scope in the humanities/fine Arts Disciplines, including English, foreign languages, religion, Philosophy, classics, theatre, music, dance, communication, Sign language, interdisciplinary studies, or other humanities/Fine Arts Areas. | | | | |
| C. AREA III: | | | | |
| TAKE THE FOLLOWING COURSES: TAKE BIO 1100/L100 Principles of Biology W/LAB CHM 1142/L142 General Chemistry I W/LAB Take MTH 1112 OR Higher ("C" or Better) | 3/1 HOURS 3/1 HOURS 3 HOURS | | | |
| D. AREA IV: | | | | |
| TAKE ANY 1000-2000 LEVEL COURSE WITH A PRIMARY FOCUS IN HISTORY. • Take any three courses from the following: ANT 2200, ECO 2251, ECO 2252, GEO 2210, HIS 1101, HIS 1102, HIS 1111, HIS 1112, HIS 1122, HIS 1123, POL 2241, POL 2260, PSY 2200, PSY 2210, OR SOC 2275. | | | | |
| E. AREA V: | | | | |
| Take the following courses:Minimum grade of c requiredIS2241Computer Concepts & ApplicationsTROY1101The University ExperienceKHP1142Beginning Weight Training (F, SP, SUM) | 3 hours 1 hour 1 hour 1 hour | | | |
| TAKE KHP 2242 OR ANY 1000/2000 LEVEL KHP ACTIVITY COURSEBIO2220PRINCIPLES OF CELL BIOLOGYKHP2202FIRST AID, SAFETY, CPR (F, SP, SUM)KHP2211Human Nutrition (F, SP, SUM)KHP3391Testing And Statistical Interpretation (F, SP)KHP3345MEDICAL TERMINOLOGY | 1 HOUR 3 HOURS 2 HOURS 3 HOURS 3 HOURS 1 HOUR | | | |
| TAKE ONE OF THE FOLLOWING COMBINATIONS BIO 1101/L101 Organismal Biology/Lab Or | 3/1 hours | | | |
| KHP2240PERSONAL & COMMUNITY HEALTH (F, SP, SUM)KHP2200HEALTH CONCEPTS (F, SP, SUM) | 3 HOURS 1 HOUR | | | |

EVERY REASONABLE ATTEMPT TO ENSURE ACCURACY HAS BEEN MADE. SOME COURSES (SUCH AS DEVELOPMENTAL OR PRE-REQUISITE COURSES) ARE NOT REFLECTED IN THIS DEGREE MAP. COMPLETION OF DEGREE REQUIREMENTS IS BASED ON THE SPECIFIC CATALOG YEAR FOR EACH STUDENT.A MINIMUM OF 120 HOURS IS REQUIRED FOR ALL BACCALAUREATE DEGREE PROGRAMS. AT LEAST 25% OF THE CREDIT HOURS REQUIRED FOR THE DEGREE MUST BE COMPLETED IN RESIDENCY WITH TROY UNIVERSITY.AT LEAST 12 SEMESTER HOURS OF RESIDENCY MUST BE COMPLETED IN EACH MAJOR FIELD(S) OF STUDY.A MINIMUM GPA OF 2.0 OVERALL AND IN THE MAJOR IS REQUIRED TO GRADUATE.NOTE: PLEASE CONSULT THE COLLEGE OF HEALTH AND HUMAN SERVICES OR CURRENT CATALOG FOR OTHER REQUIREMENTS NOT COVERED IN THIS DOCUMENT.NOTES: A SEQUENCE IN LITERATURE OR HISTORY IS REQUIRED. PLEASE CONSIDER THIS REQUIREMENT. WHEN SELECTING COURSEWORK IN AREAS 11 OR IV.

MY DEGREE MAP COLLEGE OF HEALTH AND HUMAN SERVICES RECOMMENDED ACADEMIC PLAN EXERCISE SCIENCE PROGRAM-WELLNESS AND FITNESS CONCENTRATION PROGRAM YEAR 2023-24

| EXERCISE | SCIENCE I | (40 HOURS) | |
|----------|-------------|---|------------|
| Minii | MUM 2.0 OVI | erall GPA Required | |
| TAKE | THE FOLLOW | VING COURSES: | |
| КНР | 4425 | PATHOPHYSIOLOGY (F, SP, SUM) | 3 hours |
| BIO | 3347/L347 | HUMAN ANATOMY & PHYSIOLOGY I/LAB | 3/1 HOURS |
| BIO | 3348/L348 | Human Anatomy & Physiology II/Lab | 3/1 HOURS |
| КНР | 3352 | KINESIOLOGY (F, SP, SUM) | 3 HOURS |
| КНР | 4459 | SPORT & EXERCISE NUTRITION (F, SP, SUM) | 3 HOURS |
| КНР | 4474/L474 | EXERCISE PHYSIOLOGY/LAB (F, SP, SUM) | 3/1 HOURS |
| КНР | 4475 | EXERCISE TEST & PRESCRIPTION (F, SP, SUM) | 3 HOURS |
| КНР | 4476 | LAB PRACTICUM EXERCISE PERFORMANCE (F, SP, SUM) | 2 HOURS |
| КНР | 4488 | CARDIOVASCULAR PHYSIOLOGY (F, SP, SUM) | 3 HOURS |
| КНР | 4495 | Advanced Exercise Physiology (F, SP, SUM) | 3 HOURS |
| КНР | 4496/L496 | BIOMECHANICS/LAB (F, SP) | 3/1 HOURS |
| KHP | 4497 | Senior Seminar In Exercise (F, SP) | 1 HOUR |
| KHP | 4498 | INTERNSHIP IN EXERCISE SCIENCE (F, SP, SUM) | 3 HOURS |
| WELLNES | S AND FITN | NESS CONCENTRATION | (18 HOURS) |

| IAKL | ITTL IOLL | OWING COORSES. | |
|------|-----------|---|-----------|
| AT | 3394 | LIFTING TECHNIQUES (F) | 1 HOUR |
| KHP | 3350 | PSYCHOLOGY OF WELLNESS (F, SP, SUM) | 3 HOURS |
| KHP | 3360 | Physiological Principles Of Body Systems (F, SP, SUM) | 3 HOURS |
| KHP | 3395 | CARE & PREVENTION OF ATHLETIC INJURY (SP, SUM) | 2 HOURS |
| KHP | 4405 | PHYSICAL ACTIVITY AND DISEASE PREVENTION (SUM ONLY) | 3 HOURS |
| KHP | 4460/L4 | 60 Principles Of Strength And Conditioning (F, SP) | 3/1 HOURS |
| KHP | 4487 | Sprecial Topics In Exercise Performance (SP) | 2 hours |
| | | | |
| | | | |

ADVISOR APPROVED ELECTIVES

TAKE THE FOLLOWING COURSES.

TAKE 2 SEMESTER HOURS OF ADVISOR APPROVED ELECTIVE CREDIT. (MINIMUM GRADE OF "C" REQUIRED) (2 HOURS)

2 HOURS

MY DEGREE MAP SERVES AS A GUIDE TO ASSIST YOU WITH THE PROPER SEQUENCE AND SELECTION OF COURSES. IT DOES NOT REPLACE YOUR PROGRAM EVALUATION, WHICH DEPICTS THE OFFICIAL DOCUMENT USED TO CLEAR STUDENTS FOR GRADUATION. MY DEGREE MAP INCLUDES THE REQUIRED COURSE WORK AND SUGGESTED SEQUENCE OF COURSES FOR A PARTICULAR DEGREE PROGRAM. EVERY REASONABLE ATTEMPT HAS BEEN MADE TO ENSURE ACCURACY OF CONTENT. PLEASE KEEP IN MIND THAT SOME COURSES, SUCH AS DEVELOPMENTAL OR PRE-REQUISITE COURSES, ARE NOT REFLECTED IN MY DEGREE MAP. FOR DEFICIENCE REQUIREMENTS IS BASED ON THE SPECIFIC CATALOG YEAR UNDER WHICH YOU WERE ADMITTED TO TROY. PLEASE CONSULT THE COLLEGE CATALOG, YOUR ACADEMIC ADVISOR, YOUR SPECIFIC SCHOOL, DEPARTMENT, OR YOUR PROGRAM EVALUATION FOR ANY ADDITIONAL REQUIREMENTS.