

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							

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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.

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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.