

**Program of Study**HEALTH SCIENCE  
EXERCISE SCIENCE CONCENTRATION**Area F**Required:  
Students are required to take either BIOL 1130 or BIOL 2110.

Course	Description	9-10 Credit Hours
BIOL 1130	Human Biology	3
BIOL 2110	Human Anatomy and Physiology I	4
HESC 1105	Introduction to the Healthcare Professions	3
PSYC 2103	Introduction to Human Development	3

**Elective**

Students can receive credit for (CHEM 1151/L and CHEM 1152/L) OR (CHEM 1211/L AND CHEM 1212/L), not both. WELL 1001/1002 can only count as elective credit in this area if students completed a Chemistry sequence in Area D.

Course	Description	8-10 Credit Hours
BIOL 2110	Human Anatomy and Physiology I	4
BIOL 2111	Human Anatomy & Physiology II	4
BIOL 2215	Foundations of Microbiology	4
CHEM 1151	Survey of Chemistry I	3
CHEM 1151L	Survey of Chemistry Laboratory I	1
CHEM 1152	Survey of Chemistry II	3
CHEM 1152L	Survey of Chemistry Laboratory II	1
CHEM 1211	Principles of Chemistry I	3
CHEM 1211L	Principles of Chemistry Laboratory I	1
CHEM 1212	Principles of Chemistry II	3
CHEM 1212L	Principles of Chemistry Laboratory II	1
MATH 2112	Probability and Statistics	3
WELL 1001	Nutrition and Weight Control	3
WELL 1002	Healthy Decisions	3

**Core Curriculum**

Course	Description	24 Credit Hours
HESC 2200	Health Communications	3
HESC 3202	Concepts of Health and Disease	3
HESC 3203	Wellness Methods and Strategies	3
HESC 3204	Exercise Programming/Assessment	3
HESC 4900	Capstone	6
HINF 2000	Medical Terminology	2
HINF 3001	Overview of US Health Care System	3

<b>Exercise Science Concentration</b>		
<b>Course</b>	<b>Description</b>	<b>24 Credit Hours</b>
HESC 3141	Theory/Techniques of Strength and Conditioning	3
HESC 3142	Functional Anatomy	3
HESC 3242	Exercise Physiology	3
HESC 4141	Exercise Psychology	3
HESC 4142	Biomechanics of Human Movement	3
HESC 4143	Chronic Disease Rehabilitation	3
HESC 4144	Chronic Disease Epidemiology	3
HESC 4241	Exercise and Wellness Facilities Management	3
<b>Electives</b>		
Any courses with prefix: NURS, PSYC, WELL, BIOL, CHEM, HESC, HINF		