

ACADEMIC PLANNING SHEET

B.S. EXHPR

GENERAL EXERCISE SCIENCE EMPHASIS

COLORADO STATE UNIVERSITY – PUEBLO

2014-2015 CATALOG

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	Fall Semester		Spring Semester	
First Year	EXHP 101: Intro to EXHPR EXHP 162: Personal Health EXHP 162L: Personal Health EXHP Option Elective (lower division) ENG 101: Composition I CIS 100: Intro to Word & Windows CIS 103: PowerPoint & Web Publishing CIS 104: Excel Spreadsheets TOTAL SEMESTER HOURS	2 3 1 2 3 1 1 1	AT 260: Care & Prevention of AT Injury EXHP Option Elective (lower division) BIOL 112: Nutrition ENG 102: Composition II PSYCH 151: Human Development OR PSYCH 100: General Psychology TOTAL SEMESTER HOURS	3 2 3 3 3 14
Second Year	EXHP 201: Drugs & Healthy Lifestyle EXHP 222: Behavior Facilitation EXHP Option Elective (lower division) BIOL 223: Human Physiology & Anatomy I BIOL 223L: Human Physiology & Anatomy I Lab COMR 103: Speaking & Listening TOTAL SEMESTER HOURS	3 3 1 3 1 3	AT 232: First Aid EXHP Option Elective (lower division) BIOL 224: Human Physiology & Anatomy II BIOL 224L: Human Physiology & Anatomy II Lab General Education course MATH 121: College Algebra TOTAL SEMESTER HOURS	2 1 3 1 3 4 14
Third Year	EXHP Option Elective (lower division) EXHP 343: Research and Statistics Hours Outside the Major General Education courses TOTAL SEMESTER HOURS	1 3 5 6	EXHP 364: Kinesiology EXHP Option Elective (upper division) EXHP Option Elective (lower division) General Education course Hours Outside the Major TOTAL SEMESTER HOURS	3 3 2 3 3 14
Fourth Year	EXHP 344/344L: Exercise Physiology/Lab Hours Outside the Major **EXHP Option Elective (upper division) TOTAL SEMESTER HOURS	4 4 7 15	EXHP 436 Exercise Assessment EXHP 461 Managing Programs in EXHPR Hours Outside the Major (upper division) TOTAL SEMESTER HOURS Senior – Summer EXHP 494 Fieldwork (6 hrs) or EXHP 498 Internship (12 hrs) TOTAL SEMESTER HOURS	3 3 8 14 6/12

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General Education Requirements: 18 semester hours

- o ENG 101: English Composition I (3)
- o ENG 102: English Composition II (3)
- o Mathematics Course (3)
 - o *MATH 121: College Algebra* (4) **
- o Humanities Courses (9)
 - o *COMR 103: Speaking and Listening* (3) **
- o History Course (3)
- o Social Sciences Courses (6)
 - o *PSYCH 151: Human Development* (3) ** **OR**
 - o *PSYCH 100: General Psychology* (3) **
- o Natural and Physical Sciences Courses (8) ((2 courses with labs)
 - o *EXHP 162: Personal Health* (3) **
 - o *EXHP 162L: Personal Health Lab* (1) **
 - o *BIOL 223: Human Physiology & Anatomy I* (3) **
 - o *BIOL 223L: Human Physiology & Anatomy I Lab* (1) **

Course Completed elsewhere **CSU-Pueblo equivalent**
 (Ex: English 101) (Ex: English 101)

Major Requirements:**Core Course Requirements for EXHP Emphasis Areas: 27 credit hours**

- o AT 232: First Aid (2)
- o EXHP 101: Introduction to EXHPR (2)
- o BIOL 112: Nutrition (3)
- o *EXHP 162: Personal Health* (3)
- o *EXHP 162L: Personal Health Lab* (1)
- o EXHP 222: Behavior Facilitation (3)
- o EXHP 343: Research and Statistics (3)
- o EXHP 344: Exercise Physiology (3)
- o EXHP 344L: Exercise Physiology Lab (1)
- o EXHP 364: Kinesiology (3)
- o EXHP 461: Managing Programs in EXHPR (3)

Required Emphasis Courses (15-21 credit hours)

- o EXHP 201: Drugs and Healthy Lifestyles (3)
- o AT 260: Care and Prevention of Injuries (3)
- o EXHP 436: Exercise Assessment (3)
- o EXHP 494: Field Experience (1-5)

OR

- o EXHP 498 Internship (12)

13-19 credits from the following with a minimum of 4-10 upper div:
(The choice of internship or fieldwork in the previous area will determine the hours in the area below)

- o REC 100L: Wilderness Technical Skills (1)
- o REC 102: Mountain Orientation (2)
- o REC 103: Winter Orientation (2)
- o REC 104: Desert Orientation (2)
- o REC 105: Canyon Orientation (2)
- o EXHP 103L: Triathlon (1)
- o EXHP 105L: Snow Sports (1)
- o EXHP 106L: Martial Arts and Self-Defense (1)
- o EXHP 108L: Yoga (1)
- o EXHP 109L: Volleyball (1)

Institutional Graduation Requirements:

- o Total of 120 semester hours, minimum.
- o Complete a minimum of 40 semester hours in upper-division courses.
- o Overall cumulative grade point average of 2.00.
- o A minimum of 60 semester hours must be earned from a four year institution. Of these, a minimum of 30 semester hours of credit must be earned in residence.
- o Of the last 30 semester credits earned immediately preceding graduation, no more than 15 may be completed at other colleges or universities.
- o All other requirements as specified in the Catalog.

Additional Major Graduation Requirements:

- o Complete an emphasis of study with a cumulative GPA of 2.50 or higher
- o Earn a minimum grade of a "C" in all prerequisite and major courses
- o Repeat prerequisite and major courses with a grade of "D" or lower until a grade of "C" or higher is achieved; and
- o Earn a cumulative of 2.0 or higher in required English and speech communication courses.

- o EXHP 110L: Weight Training (1)
- o EXHP 111: Commitment to Academic Excellence (1)
- o REC 112L: Rock Climbing (1)
- o REC 113L: Whitewater Boating (1)
- o REC 114L: Basic Mountaineering Techniques (1)
- o REC 116L: Camping (1)
- o REC 117L: Backpacking (1)
- o EXHP 118L: Jogging (1)
- o EXHP 120L: Aerobics (1)
- o EXHP 123L: Zumba (1)
- o EXHP 124L: Tai Chi (1)
- o EXHP 175L: Racquetball (1)
- o EXHP 176L: Lifeguard Training (1)
- o PSYCH 205: Intro to Sports Psychology (3)
- o EXHP 205L: Snow Sports II (1)
- o EXHP 208L: Yoga II (1)
- o EXHP 233: History and Principles of PE and Recreation (2)
- o REC 240: Recreation Program Design (3)
- o EXHP 243: Methods of Rhythmic Activities (2)
- o EXHP 245: Motor Learning and Development (3)
- o REC 249: Challenge Course Leadership (2)
- o REC 270: Outdoor Leadership I (2)
- o AT 279: Practicum in Athletic Training I (2)
- o EXHP 288: Health Promotion Practicum (3)
- o EXHP 301: Dartfish Training (1)
- o EXHP 310L: Adv. Methods Strength & Conditioning (1)
- o REC 322: Wilderness First Aid (2)
- o AT 323: Functional Exercise Training (2)
- o EXHP 345: Methods of Physical Activities and Games I (2)
- o EXHP 346: Methods of Physical Activities and Games II (2)
- o EXHP 347: Methods of Fitness Instruction (1)
- o EXHP 348: Methods of Individual and Dual Sports (3)
- o REC 350: Leadership and Ethics (3)
- o REC 360: Outdoor Education (3)
- o REC 375: Research and Evaluation of Recreation (3)
- o EXHP 382: Lifestyle Disease Risk Reduction (3)
- o EXHP 432: Applied Sport & Exercise Psychology (3)
- o EXHP 464: Adapted Physical Education (3)
- o EXHP 470: Methods of Coaching (3)
- o EXHP 472: Coaching and Officiating Basketball (2)
- o EXHP 475: Coaching and Officiating Volleyball (2)
- o EXHP 482: Coaching and Officiating Wrestling (2)
- o EXHP 483: Coaching and Officiating Baseball (2)
- o EXHP 484: Coaching and Officiating Soccer (2)
- o REC 485: Recreation Facility Design/Management (3)
- o EXHP 492: Research (1-3)

Other Required Courses

- o *BIOL 223/223L: Human Physiology & Anatomy I/Lab* (4) **
 - o *BIOL 224 / 224L: Human Physiology & Anatomy II/ Lab* (4)
 - o CIS 100: Intro to Word and Windows (1)
 - o CIS 103: Power Point and Web Publishing (1)
 - o CIS 104: Excel Spreadsheets (1)
 - o *MATH 121: College Algebra* (4) **
 - o *PSYCH 151: Human Development* (3) **
- OR**
- o *PSYCH 100: General Psychology* (3) **
 - o *COMR 103: Speaking and Listening* (3) **

(Courses *italicized* meet General Education requirements)

Hours Outside the Major: 20 semester-hours

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