## Fall Semester

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Semester Hours</th>
<th>Course Code</th>
<th>Course Title</th>
<th>Semester Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXHP 101</td>
<td>Intro to EXHPR</td>
<td>2</td>
<td>EXHP 201</td>
<td>Drugs &amp; Healthy Lifestyle</td>
<td>3</td>
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<tr>
<td>EXHP 162</td>
<td>Personal Health</td>
<td>3</td>
<td>EXHP 222</td>
<td>Behavior Facilitation</td>
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<tr>
<td>EXHP 162L</td>
<td>Personal Health</td>
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<td>EXHP Option Elective (lower division)</td>
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<tr>
<td>ENG 101</td>
<td>Composition I</td>
<td>3</td>
<td>BIOL 224</td>
<td>Human Physiology &amp; Anatomy II</td>
<td>3</td>
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<tr>
<td>CIS 100</td>
<td>Intro to Word &amp; Windows</td>
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<td>BIOL 224L</td>
<td>Human Physiology &amp; Anatomy II Lab</td>
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<tr>
<td>CIS 103</td>
<td>PowerPoint &amp; Web Publishing</td>
<td>1</td>
<td>General Education course</td>
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<tr>
<td>CIS 104</td>
<td>Excel Spreadsheets</td>
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<td>MATH 121</td>
<td>College Algebra</td>
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### First Year

### Second Year

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<th>Course Code</th>
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</thead>
<tbody>
<tr>
<td>EXHP Option Elective (lower division)</td>
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<td>EXHP Option Elective (lower division)</td>
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<tr>
<td>BIOL 223</td>
<td>Human Physiology &amp; Anatomy I</td>
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<td>BIOL 224L</td>
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<td>COMR 103</td>
<td>Speaking &amp; Listening</td>
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<td><strong>Total Semester Hours</strong></td>
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### Third Year

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<th>Course Code</th>
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<th>Course Title</th>
<th>Semester Hours</th>
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<tbody>
<tr>
<td>EXHP Option Elective (lower division)</td>
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<td>1</td>
<td>EXHP 364</td>
<td>Kinesiology</td>
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<tr>
<td>EXHP 343</td>
<td>Research and Statistics</td>
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<td>EXHP Option Elective (upper division)</td>
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### Fourth Year

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<th>Course Title</th>
<th>Semester Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXHP 344/344L</td>
<td>Exercise Physiology/Lab</td>
<td>4</td>
<td>EXHP 436</td>
<td>Exercise Assessment</td>
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<tr>
<td>Hours Outside the Major</td>
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<td>EXHP 461</td>
<td>Managing Programs in EXHPR</td>
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<td><strong>Total Semester Hours</strong></td>
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<td><strong>14</strong></td>
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### Senior – Summer

- EXHP 494 Fieldwork (6 hrs)
- or EXHP 498 Internship (12 hrs)

**Total Semester Hours:** 6/12

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General Education Requirements: 18 semester hours
- ENG 101: English Composition I (3)
- ENG 102: English Composition II (3)
- Mathematics Course (3)
  - MATH 121: College Algebra (4)**
- Humanities Courses (9)
- COMR 103: Speaking and Listening (3)**
- History Course (3)
- Social Sciences Courses (6)
  - PSYCH 151: Human Development (3)** OR
  - PSYCH 100: General Psychology (3)**
- Natural and Physical Sciences Courses (8) ([2 courses with labs]
  - EXHP 162: Personal Health (3)
  - EXHP 162L: Personal Health Lab (1)**
- BIOL 223: Human Physiology & Anatomy I (3)**
- 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
- AT 232: First Aid (2)
- EXHP 101: Introduction to EXHPR (2)
- BIOL 112: Nutrition (3)
- EXHP 162: Personal Health (3)
- EXHP 162L: Personal Health Lab (1)
- EXHP 222: Behavior Facilitation (3)
- EXHP 343: Research and Statistics (3)
- EXHP 344: Exercise Physiology (3)
- EXHP 344L: Exercise Physiology Lab (1)
- EXHP 364: Kinesiology (3)
- EXHP 461: Managing Programs in EXHPR (3)

Required Emphasis Courses (15-21 credit hours)
- EXHP 201: Drugs and Healthy Lifestyles (3)
- AT 260: Care and Prevention of Injuries (3)
- EXHP 436: Exercise Assessment (3)
- EXHP 494: Field Experience (1-5)
  OR
- 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)
- REC 100L: Wilderness Technical Skills (1)
- REC 102: Mountain Orientation (2)
- REC 103: Winter Orientation (2)
- REC 104: Desert Orientation (2)
- REC 105: Canyon Orientation (2)
- EXHP 103L: Triathlon (1)
- EXHP 104L: Personal Fitness (1)
- EXHP 105L: Snow Sports (1)
- EXHP 106L: Martial Arts and Self-Defense (1)
- EXHP 108L: Yoga (1)
- EXHP 109L: Volleyball (1)
- EXHP 110L: Weight Training (1)
- EXHP 111: Commitment to Academic Excellence (1)
- REC 112L: Rock Climbing (1)
- REC 113L: Whitewater Boating (1)

Institutional Graduation Requirements:
- Total of 120 semester hours, minimum
- Complete a minimum of 40 semester hours in upper-division courses.
- Overall cumulative grade point average of 2.00.
- 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.
- Of the last 30 semester credits earned immediately preceding graduation, no more than 15 may be completed at other colleges or universities.
- All other requirements as specified in the Catalog.

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

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