

# ACADEMIC PLANNING SHEET

**B.S. EXHPR**

## GENERAL EXERCISE SCIENCE EMPHASIS

COLORADO STATE UNIVERSITY – PUEBLO

2018-2019 CATALOG

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	Fall Semester		Spring Semester	
<b>First Year</b>	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	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	3 2 3 3 3 3
	<b>TOTAL SEMESTER HOURS</b>	<b>14</b>	<b>TOTAL SEMESTER HOURS</b>	<b>14</b>
<b>Second Year</b>	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	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	2 1 3 1 3 4
	<b>TOTAL SEMESTER HOURS</b>	<b>14</b>	<b>TOTAL SEMESTER HOURS</b>	<b>14</b>
<b>Third Year</b>	EXHP Option Elective (lower division) EXHP 343: Research and Statistics Hours Outside the Major General Education courses	1 3 5 6	EXHP 364: Kinesiology EXHP Option Elective (upper division) EXHP Option Elective (lower division) General Education course Hours Outside the Major	3 3 2 3 3
	<b>TOTAL SEMESTER HOURS</b>	<b>15</b>	<b>TOTAL SEMESTER HOURS</b>	<b>14</b>
<b>Fourth Year</b>	EXHP 344/344L: Exercise Physiology/Lab Hours Outside the Major **EXHP Option Elective (upper division)	4 4 7	EXHP 436 Exercise Assessment EXHP 461 Managing Programs in EXHPR Hours Outside the Major (upper division)	3 3 8
	<b>TOTAL SEMESTER HOURS</b>	<b>15</b>	<b>TOTAL SEMESTER HOURS</b>	<b>14</b>
			<b>Senior – Summer</b> EXHP 494 Fieldwork (6 hrs) or EXHP 498 Internship (12 hrs)	
			<b>TOTAL SEMESTER HOURS</b>	<b>6/12</b>

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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) \*\**

<b>Course Completed elsewhere</b>	<b>CSU-Pueblo equivalent</b>
(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)
- REC 114L: Basic Mountaineering Techniques (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 a "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.

- REC 116L: Camping (1)
- REC 117L: Backpacking (1)
- REC 118L: Fly Fishing (1)
- REC 120L: Search and Rescue (1)
- EXHP 118L: Jogging (1)
- EXHP 120L: Aerobics (1)
- EXHP 123L: Zumba (1)
- EXHP 124L: Tai Chi (1)
- EXHP 175L: Racquetball (1)
- EXHP 176L: Lifeguard Training (1)
- PSYCH 205: Intro to Sports Psychology (3)
- EXHP 205L: Snow Sports II (1)
- EXHP 208L: Yoga II (1)
- EXHP 233: History and Principles of PE and Recreation (2)
- REC 240: Recreation Program Design (3)
- EXHP 243: Methods of Rhythmic Activities (2)
- EXHP 245: Motor Learning and Development (3)
- REC 249: Challenge Course Leadership (2)
- REC 270: Outdoor Leadership I (2)
- AT 279: Practicum in Athletic Training I (2)
- EXHP 288: Foundations of Health Promotion (3)
- EXHP 301: Dartfish Training (1)
- EXHP 310L: Adv. Methods Strength & Conditioning (1)
- REC 322: Wilderness First Aid (2)
- AT 323: Functional Exercise Training (2)
- EXHP 345: Methods of Physical Activities and Games I (2)
- EXHP 346: Methods of Physical Activities and Games II (2)
- EXHP 347: Methods of Fitness Instruction (1)
- EXHP 348: Methods of Individual and Dual Sports (3)
- REC 350: Leadership and Ethics (3)
- REC 360: Outdoor Education (3)
- REC 375: Research and Evaluation of Recreation (3)
- EXHP 382: Lifestyle Disease Risk Reduction (3)
- EXHP 432: Applied Sport & Exercise Psychology (3)
- EXHP 440: Biomechanics (3)
- EXHP 464: Adapted Physical Education (3)
- EXHP 469: Coaching/Officiating Track & Field (2)
- EXHP 470: Methods of Coaching (3)
- EXHP 472: Coaching and Officiating Basketball (2)
- EXHP 475: Coaching and Officiating Volleyball (2)
- EXHP 482: Coaching and Officiating Wrestling (2)
- EXHP 483: Coaching and Officiating Baseball (2)
- EXHP 484: Coaching and Officiating Soccer (2)
- REC 485: Recreation Facility Design/Management (3)
- EXHP 492: Research (1-3)

**Other Required Courses**

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

**Hours Outside the Major: 20 semester-hours**

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