

ACADEMIC PLANNING SHEET

B.S. EXHPR STRENGTH & CONDITIONING EMPHASIS

COLORADO STATE UNIVERSITY – PUEBLO

2018-2019 CATALOG

George M. Dallam, Ph.D. Professor

PHONE: 549-2619 EMAIL: george.dallam@csupueblo.edu

Ms. Pamela Parrack, Administrative Assistant II

PHONE: 549-2381 EMAIL: pamela.parrack@csupueblo.edu

	Fall Semester		Spring Semester	
First Year	EXHP 101: Intro to EXHPR EXHP 162: Personal Health EXHP 162L: Personal Health Lab ENG 101: Composition I CIS 100: Intro to Word & Windows CIS 103: PowerPoint & Web Publishing CIS 104: Excel Spreadsheets	2 3 1 3 1 1 1	AT 260: Care & Prevention of AT Injury EXHP 110L: Weight Training BIOL 112: Nutrition ENG 102: Composition II PSYCH 151: Human Development OR PSYCH 100: General Psychology	3 1 3 3 3
	TOTAL SEMESTER HOURS	12	TOTAL SEMESTER HOURS	13
Second Year	EXHP 201: Drugs & Healthy Lifestyle EXHP 222: Behavior Facilitation BIOL 223: Human Physiology & Anatomy I BIOL 223L: Human Physiology & Anatomy I Lab COMR 103: Speaking & Listening PSYCH 205: Introduction to Sports Psychology	3 3 3 1 3 3	AT 232: First Aid BIOL 224: Human Physiology & Anatomy II BIOL 224L: Human Physiology & Anatomy II Lab General Education course MATH 121: College Algebra	2 3 1 3 4
	TOTAL SEMESTER HOURS	16	TOTAL SEMESTER HOURS	13
Third Year	EXHP 301: Dartfish Training EXHP 343: Research and Statistics Hours Outside the Major General Education courses	1 3 6 6	EXHP 310L: Adv Methods Strength & Conditioning EXHP 364: Kinesiology EXHP 382: Lifestyle Disease Risk Reduction EXHP 432: Applied Sport & Exercise Psychology REC 350: Leadership & Ethics General Education course	1 3 3 3 3 3
	TOTAL SEMESTER HOURS	16	TOTAL SEMESTER HOURS	16
Fourth Year	EXHP 344/344L: Exercise Physiology/Lab EXHP 440: Biomechanics Hours Outside the Major	4 3 6	AT 323: Functional Exercise Training EXHP 320: NSCA Test Preparation EXHP 436 Exercise Assessment EXHP 461 Managing Programs in EXHPR Hours Outside the Major (upper division) Hours Outside the Major	2 2 3 3 2 3
	TOTAL SEMESTER HOURS	13	TOTAL SEMESTER HOURS Senior – Summer EXHP 494: Field Experience (6 hrs)	15
			TOTAL SEMESTER HOURS	6

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General Education Requirements: 12 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)

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.

Required Emphasis Courses: (37 credit hours)

- EXHP 110L: Weight Training (1)
- EXHP 201: Drugs and Healthy Lifestyles (3)
- PSYCH 205: Introduction to Sports Psychology (3)
- AT 260: Care and Prevention of Injuries (3)
- EXHP 301: Dartfish Training (1)
- EXHP 310L: Adv. Methods Strength & Conditioning (1)
- EXHP 320: NSCA Test Prep (2)
- AT 323: Functional Exercise Training (2)
- REC 350: Leadership and Ethics (3)
- EXHP 382: Lifestyle Disease Risk Reduction (3)
- EXHP 432: Applied Sport & Exercise Psychology (3)
- EXHP 436: Exercise Assessment (3)
- EXHP 440: Biomechanics (3)
- EXHP 494: Field Experience (6)

Other Required Courses: (39 credit hours)

- 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)
 - COMR 103: Speaking and Listening* (3) **
 - ENG 101: English Composition I* (3) **
 - ENG 102: English Composition II* (3) **
 - MATH 121: College Algebra* (4) **
 - PSYCH 151: Human Development* (3) **
 - OR**
 - PSYCH 100: General Psychology* (3) **
 - General Education: History (3)
 - General Education: Humanities (6)
 - General Education: Social Science (3)
- (Courses *italicized* meet General Education requirements)

Hours Outside the Major: 17 semester-hours

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