

# DEPARTMENT OF EXERCISE SCIENCE

## 2024-2025

### Human Performance Major (54 Semester Hours)

BIOL 202	Fundamentals of Human Anatomy	(3)	_____
BIOL 202L	Fundamentals of Human Anatomy Lab	(1)	_____
BIOL 204	Fundamentals of Human Physiology	(3)	_____
BIOL 204L	Fundamentals of Human Physiology	(1)	_____
EXSC 101	Introduction to Rehabilitation Sciences	(3)	_____
EXSC 325	Exercise Physiology	(3)	_____
EXSC 325L	Exercise Physiology Lab	(1)	_____
EXSC 410	Administration of Health and Physical Activity Programs	(3)	_____
EXSC 205	Team Performance Training	(3)	_____
EXSC 206	Individual and Dual Performance Training	(3)	_____
EXSC 209	Principles of Coaching	(3)	_____
EXSC 230	Sport Psychology	(4)	_____
EXSC 243	Principle of Fitness	(3)	_____
EXSC 250	Performance Training Lab I	(1)	_____
EXSC 260	Performance Training Lab II	(1)	_____
EXSC 276	Practicum in Health/Fitness/Wellness	(2)	_____
EXSC 345	Functional Kinesiology	(3)	_____
EXSC 339	Fundamental Technique of Exercise & Fitness	(3)	_____
EXSC 425	Essentials of Strength and Conditioning	(3)	_____
EXSC 476	Internship in Health/Fitness/Wellness	(4)	_____
NUTR 210	Introduction to Human Nutrition	(3)	_____

**Total Hours: 54 Semester Hours**

National Strength and Conditioning Association: [www.nscs.com](http://www.nscs.com)

- Certified Strength and Conditioning Specialist: CSCS