

## Exercise Science Concentration

(with options to satisfy prerequisites for Pre-Physical Therapy, Pre-Occupational Therapy, or Pre-Medicine. Coursework can also satisfy requirements for graduate study in Exercise Physiology or VCU's entry-level graduate program in Athletic Training)

(See reverse for additional requirements)

### General Education

UNIV 111 Focused Inquiry I	3
UNIV 112 Focused Inquiry II	3
ENGL 200 Writing and Rhetoric Workshop II	3
PSYC 101 Introduction to Psychology	4
PSYC 304 Life Span Development Psychology	3
STAT 210 Basic Principles of Statistics	3
American Studies Elective	3
Oral Communication Elective	3
Visual and Performing Arts Elective	2
BIOL 101, BIOZ 101 Biological Concepts and Lab	
Or	
BIOL 151, BIOZ 151 Intro to Biological Science I	4
MATH 131 Intro to Contemporary Mathematics	
Or	
MATH 151 Precalculus Mathematics <sup>†</sup>	<u>3</u>
	<b>34</b>

### Allied Professional Core

BIOL 205 Basic Human Anatomy	4
PHIS 206, PHIZ 206 Human Physiology and Lab	4
CHEM 110, CHEZ 110 Chemistry and Society and lab	
Or	
CHEM 101, CHEZ 101 General Chemistry and lab*	4
PHYS 101/107, PHYZ 101/107 Wonders of Technology	
Or	
PHYS 201 General Physics I*	<u>4</u>
	<b>16</b>

### HPEX Required Core

HPEX 200 Strength, Endur, and Flex Training	3
HPEX 240 Introduction to Health Professions	3
HPEX 334, HPEZ 334 Measurement and Analysis	4
HPEX 350 Nutrition	3
HPEX 375, HPEZ 375 Physiology of Exercise	4
HPEX 440 Chronic Disease and Exer Management	3
HPEX 445 Organization and Administration	<u>3</u>
	<b>23</b>

### Exercise Science Core

HPEX 357 Personal Health and Behavior Change	3
HPEX 373, HPEZ 373 Kinesiology and lab	4
HPEX 374 Biomechanics	3
HPEX 441 Assess and Exer Interv in Health and Dis	3
HPEX 470 Exercise Leadership	3
HEMS 540 Cardiovascular Pathophysiology	<u>3</u>
	<b>19</b>

### Clinical Experiences

HPEX 395 Clinical Experience I	3
HPEX 495 Clinical Experience II	6
HPEX 496 Clinical Experience III	<u>6</u>
	<b>15</b>

Exercise Science Selectives – Choose a minimum of 13 credit hours from the following (see below for recommended selectives):

HPEX 250 Medical Terminology	1
HPEX 271 Safety, First Aid, and CPR	3
HPEX 371 Psychology of Physical Activity	3
HPEX 332 Motor Learning and Behavior	3
HPEX 353 Trends in Modern Disease	3
HPEX 354 Coping and Adaptation	3
HPEX 431 Adaptive Physical Activity	3
PSYC 308 Stress Management	3
PSYC 309 Personality	3
PSYC 401 Physiological Psychology	3
PSYC 407 Abnormal Psychology	3
PSYC 412 Health Psychology	3
SOCY 445 Medical Sociology	3
BIOL 152 Intro to Biological Science II	4
BIOL 218 Cell Biology	3
PHIL 213 Philosophy in Health Care	3
PHYS 202 General Physics II	4
CHEM 102, CHEZ 102 General Chemistry II	4
CHEM 301, CHEZ 301 Organic Chemistry I	4
CHEM 302, CHEZ 302 Organic Chemistry II	4
CHEM 403 Biochemistry	3
Other advisor approved courses	<u>13</u>

A minimum of 120 credit hours are required for graduation.

†Prerequisite for VCU Physical Therapy

\*Prerequisite for VCU Physical Therapy and VCU Medical School

\*\*Highly recommended for the respective program

- See reverse for suggested Selectives to satisfy Allied Health and Graduate Study Pre-requisites
- A grade of “C” or better is required in all Allied Professional core, HPEX core, Exercise Science core, Clinical Experiences, and Selective courses.
- A 2.5 GPA is required for transfer into the Exercise Science Concentration and for enrollment into Clinical Experiences
- All students must attempt a department-approved national certification exam (e.g., American College of Sports Medicine – Health Fitness Instructor)
- See Bulletin for Course Pre-requisites

## Exercise Science Concentration Suggested Plan of Study

		<u>Freshman Year</u>		<u>Spring</u>	
<u>Fall</u>					
	UNIV 111	3		UNIV 112	3
	PSYC 101	4		BIOL 205	4
	BIOL/BIOZ 101 or BIOL/BIOZ 151	4		HPEX 200	3
	American Studies Elective	3		Oral Communications	3
	MATH 131 or MATH 151	<u>3</u>		Visual and Performing Arts	<u>2</u>
		17			15
		<u>Sophomore Year</u>		<u>Spring</u>	
<u>Fall</u>					
	PHIS/PHIZ 206	4		HPEX/HPEZ 375	4
	CHEM/CHEZ 101 of CHEM/CHEZ 110	4		Selective	3-4
	ENGL 200	3		HPEX/HPEZ 334	4
	STAT 210	3		HPEX 374	3
	HPEX 240	<u>3</u>		HPEX 357	<u>3</u>
		17			17
		<u>Junior Year</u>		<u>Spring</u>	
<u>Fall</u>					
	HPEX 440	3		HPEX 441	3
	HPEX 470	3		HPEX 540	3
	PHYS 101/107 or PHYS 201	4		Selective	3-4
	HPEX/HPEZ 373	4		HPEX 350	3
	Selective	<u>1</u>		HPEX 395	<u>3</u>
		15			15
		<u>Senior Year</u>		<u>Spring</u>	
<u>Fall</u>					
	PSYC 304	3		Selective	3-4
	Selective	3-4		HPEX 445	3
	HPEX 495	<u>6</u>		HPEX 496	<u>6</u>
		12			12

I understand that I, the student, am ultimately responsible for completing all required coursework with the necessary grade point average to satisfy the requirements for the Exercise Science Concentration.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Advisor Signature

\_\_\_\_\_  
Date

**Recommended Selective coursework to satisfy VCU post-graduate prerequisites<sup>†</sup>:**

**Medical School**

- CHEM 102
- CHEZ 102
- PHYS 202
- CHEM 301
- CHEZ 301
- CHEM 302
- CHEZ 302
- Additional MATH

**Occupational Therapy**

- PSYC 309\*\*
- PSYC 407
- Soc. Sciences (6-9 hrs)
- HPEX 250

**Physical Therapy**

- CHEM 102
- CHEZ 102
- PHIL 213
- PHYS 202
- BIOL 152
- BIOZ 152
- BIOL 218\*\*

<sup>†</sup>Students are encouraged to obtain a pre-allied health advisor and to ascertain prerequisites for non-VCU programs

**Recommended Selectives for graduate study in Exercise Physiology and Athletic Training:**

**Exercise Physiology**

- CHEM 102
- CHEZ 102
- CHEM 301
- CHEZ 301
- CHEM 302
- CHEZ 302
- CHEM 403

**Athletic Training**

- HPEX 371