

**UNION COLLEGE  
EXERCISE SCIENCE MAJOR**

**Curriculum Plan**

A major in Exercise Science consists of 44 - 47 semester hours which must include BIOL 101, BIOL 330, BIOL 331, CHEM 230, HMPF 441, 485, PHED 241, 340, 351, 361, 410, 421, and WELL 131 and three service courses. Exercise Science majors are allowed to count only three service courses toward the major. A maximum of eight semester hours of service courses may be credited toward graduation. If more than three service courses are taken, the first three will count towards the major's grade point average.

**REQUIRED COURSES (44 - 47 Hours)**

**Service Courses (3 Hours)**

PHED 113 Lifeguard Training 1\_\_\_\_  
PHED 114 Water Aerobics 1\_\_\_\_  
PHED 116 Yoga 1\_\_\_\_  
PHED 134 Personal Fitness and Aerobics 1\_\_\_\_  
PHED 136 Weight Training 1\_\_\_\_  
RECM 190 Special Topics 1\_\_\_\_

**Science Core (14 Hours)**

BIOL 101 Human Biology 3\_\_\_\_  
BIOL 330 Vertebrate Anatomy and Histology 4\_\_\_\_  
BIOL 331 Human Physiology 4\_\_\_\_  
CHEM 230 General Organic and Biochemistry 3\_\_\_\_

**Exercise Science Core (27 – 30 Hours)**

HMPF 441 Exercise Assessment and Prescription 3\_\_\_\_  
PHED 241 History and Philosophy of Physical Education 3\_\_\_\_  
PHED 340 Motor Development 3\_\_\_\_  
PHED 351 Tests and Measurements 3\_\_\_\_  
PHED 361 Organization and Admin of Physical Education Athletics 3\_\_\_\_  
PHED 410 Exercise Physiology 3\_\_\_\_  
PHED 421 Kinesiology 3\_\_\_\_  
HMPF 485 Exercise Science Internship 3-6\_\_\_\_  
WELL 131 First Aid and Safety 3

---

Registrar Date Student Date Advisor Date