

# UNION COLLEGE

## Exercise Science Major Bachelor of Science Curriculum Plan 44-47 Hours

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Student

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ID#

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Advisor

### Service Courses (3 Hours)

Course	Hours	Transfer/Substitution/Notes	Final Grade
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		

Note: Exercise Science majors are allowed to count only three service courses toward the major. If more are taken, the first three count in the GPA for the major. Up to eight semester hours of service courses may be credited toward graduation.

### Science Core (14 Hours)

Required Course	Hours	Transfer/Substitution/Notes	Final Grade
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)

Required Course	Hours	Transfer/Substitution/Notes	Final Grade
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		