The Exercise, Sport, & Health Sciences degree with an emphasis in FHHP offers students the opportunity to be actively involved in helping people develop healthy active lifestyles. The degree provides graduates with knowledge of strategies, leadership skills, and abilities to plan, implement, and evaluate health and exercise programs. Exercise, Sport, & Health Sciences majors must have a cumulative GPA of 2.30 or greater to graduate.

Curricular requirements - 121 semester credits total for graduation

<table>
<thead>
<tr>
<th>MOVEMENT SCIENCES CORE (3CRS)</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>MVSC 201 Physical Activity, Wellness &amp; Behavior Change</td>
<td>3</td>
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<tr>
<td>Prereq or coreq: PEP 100</td>
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</table>

<table>
<thead>
<tr>
<th>MOVEMENT SCIENCES THEORY &amp; LAB (33CRS)</th>
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<tbody>
<tr>
<td>BIOL 120 Human Anatomy (F)</td>
<td>4</td>
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<tr>
<td>Suggested sophomore standing</td>
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<tr>
<td>BIOL 121 Human Physiology (S)</td>
<td>4</td>
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<tr>
<td>Prereq: BIOL 120</td>
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</tr>
<tr>
<td>FCS 205 Concepts in Human Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>H&amp;S 245 Introduction to Athletic Injuries (S)</td>
<td>3</td>
</tr>
<tr>
<td>H&amp;S 451 Psychosocial Determinants of Health (S)</td>
<td>3</td>
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<tr>
<td>Prereq: MVSC 201</td>
<td></td>
</tr>
<tr>
<td>PEP 100 Introduction to Exercise Science &amp; Health (F)</td>
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<tr>
<td>PEP 300 Applied Human Anatomy &amp; Biomechanics (F)</td>
<td>3</td>
</tr>
<tr>
<td>Prereq: BIOL 120 or permission</td>
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<tr>
<td>PEP 360 Motor Behavior (S)</td>
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<tr>
<td>Prereq: BIOL 120</td>
<td></td>
</tr>
<tr>
<td>PEP 418/PEP 418L Physiology of Exercise &amp; Lab</td>
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</tr>
<tr>
<td>Prereq: MVSC 201, BIOL 120 &amp; BIOL 121; or permission.</td>
<td></td>
</tr>
<tr>
<td>PEP 455 Design &amp; Analysis of Research in Movement Sciences</td>
<td>3</td>
</tr>
<tr>
<td>Prereq: Junior or Senior standing</td>
<td></td>
</tr>
<tr>
<td>PEP 493 Fitness Assessment &amp; Prescription</td>
<td>3</td>
</tr>
<tr>
<td>Prereq: Senior standing &amp; PEP 418; or permission</td>
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<table>
<thead>
<tr>
<th>FIT, HEALTH, &amp; HUM PERF EMPHASIS (21CRS)</th>
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<tbody>
<tr>
<td>ENGL 207, 208, 313 OR 317 Advanced Composition</td>
<td>3</td>
</tr>
<tr>
<td>H&amp;S 450 Critical Health Issues (F)</td>
<td>3</td>
</tr>
<tr>
<td>Prereq: BIOL 120 &amp; 121, or MVSC 201</td>
<td></td>
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<tr>
<td>H&amp;S 490 Health Promotion (S)</td>
<td>3</td>
</tr>
<tr>
<td>Prereq: H&amp;S 450 OR permission; OR</td>
<td></td>
</tr>
<tr>
<td>PEP 305 Applied Sports Psychology (S)</td>
<td></td>
</tr>
<tr>
<td>MVSC 445 Internship Preparation &amp; Professional Development</td>
<td>1</td>
</tr>
<tr>
<td>Prereq: MVSC 201</td>
<td></td>
</tr>
<tr>
<td>PEP 495 Practicum (2 classes)</td>
<td>2</td>
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<tr>
<td>Prereq: permission</td>
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</tr>
<tr>
<td>PEP 498 Internship in Exercise Science &amp; Health</td>
<td>9</td>
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<tr>
<td>(all major coursework must be completed prior to internship)</td>
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<table>
<thead>
<tr>
<th>ACTIVITY CLASSES (5CRS)</th>
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<tbody>
<tr>
<td>PEP, PEB, DAN Activity/Skill Classes</td>
<td>4</td>
</tr>
<tr>
<td>It is preferred that you select 4 different classes (see advisor for selection)</td>
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<tr>
<td>PEP 132, 133 OR 134 Skill Analysis</td>
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<table>
<thead>
<tr>
<th>UI GENERAL EDUCATION REQUIREMENTS</th>
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</thead>
<tbody>
<tr>
<td>UI core requirements may overlap degree requirements; students should check with their academic advisor for specific information.</td>
<td></td>
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<table>
<thead>
<tr>
<th>COMMUNICATIONS (5CRS)</th>
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</thead>
<tbody>
<tr>
<td>ENGL 102 College Writing &amp; Rhetoric</td>
<td>3</td>
</tr>
<tr>
<td>The UI catalog requires students take ENGL 109, 101 OR 102 (depending on placement scores) every semester until ENGL 102 is satisfied.</td>
<td></td>
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<tr>
<td>COMM 101 Speech (also a major requirement)</td>
<td>2</td>
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<table>
<thead>
<tr>
<th>NATURAL &amp; APPLIED SCIENCES (7-8CRS)</th>
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</thead>
<tbody>
<tr>
<td>Gen Ed Lab Science</td>
<td>4</td>
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<tr>
<td>Gen Ed Lab Science OR CORS</td>
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<table>
<thead>
<tr>
<th>MATH, STATISTICS &amp; COMPUTER SCIENCE (3-4CRS)</th>
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</thead>
<tbody>
<tr>
<td>Gen Ed Math OR Stats (see advisor)</td>
<td>3-4</td>
</tr>
<tr>
<td>(Suggested completion of Math within first year)</td>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>ADDITIONAL UI GEN ED REQUIREMENTS (--CRS)*</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>ISEM 101 Integrated Seminar</td>
<td>3</td>
</tr>
<tr>
<td>Humanities (from 2 different disciplines)</td>
<td>6</td>
</tr>
<tr>
<td>Social Sciences (from 2 different disciplines)</td>
<td>6</td>
</tr>
<tr>
<td>(PSYC 101 suggested)</td>
<td></td>
</tr>
<tr>
<td>American Diversity**</td>
<td>1 class</td>
</tr>
<tr>
<td>International**</td>
<td>1 class</td>
</tr>
<tr>
<td>ISEM 301 Great Issues</td>
<td>1</td>
</tr>
<tr>
<td>PEP 498 Senior Experience</td>
<td>9</td>
</tr>
</tbody>
</table>

* Additional coursework may be required. See advisor for more information.

**American Diversity & International Courses: One course each is required from approved list. There are some Humanities or Social Science courses that count for the International or American Diversity requirements. See advisor for more information.

(f) = Class offered only in the Fall term
(s) = Class offered only in the Spring term
Prereq = Prerequisite is a class that is required prior to taking another class
# Sample Four-Year Plan 2018-2019

## FRESHMAN FALL (15CRS)

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEP 100</td>
<td>Introduction to Exercise Science &amp; Health (F)</td>
<td>1</td>
</tr>
<tr>
<td>PEP OR PEB</td>
<td>Activity Class</td>
<td>1</td>
</tr>
<tr>
<td>ENGL 102</td>
<td>College Writing and Rhetoric</td>
<td>3</td>
</tr>
<tr>
<td>ISEM 101</td>
<td>Integrated Seminar</td>
<td>3</td>
</tr>
<tr>
<td>Science</td>
<td>General Education Natural Science with Lab</td>
<td>4</td>
</tr>
<tr>
<td>MATH</td>
<td>General Education Math</td>
<td>3</td>
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## FRESHMAN SPRING (16CRS)

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>FCS 205</td>
<td>Concepts in Human Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>PEP OR PEB</td>
<td>Activity Class</td>
<td>1</td>
</tr>
<tr>
<td>Soc Sci</td>
<td>General Education Social Science</td>
<td>3</td>
</tr>
<tr>
<td>COMM 101</td>
<td>Fundamentals of Public Speaking</td>
<td>2</td>
</tr>
<tr>
<td>Science</td>
<td>General Education Natural Science with Lab</td>
<td>4</td>
</tr>
<tr>
<td>Humanities</td>
<td>General Education Humanities</td>
<td>3</td>
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## SOPHOMORE FALL (14CRS)

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>BIOL 120</td>
<td>Human Anatomy (F) (rec. sophomore standing)</td>
<td>4</td>
</tr>
<tr>
<td>MVSC 201</td>
<td>Physical Activity &amp; Behavior Change</td>
<td>3</td>
</tr>
<tr>
<td>PEP OR PEB</td>
<td>Activity Class</td>
<td>1</td>
</tr>
<tr>
<td>Humanities</td>
<td>General Education Humanities</td>
<td>3</td>
</tr>
<tr>
<td>Soc Sci</td>
<td>General Education Social Science</td>
<td>3</td>
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</table>

## SOPHOMORE SPRING (15CRS)

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 121</td>
<td>Human Physiology (S) Prereq: BIOL 120</td>
<td>4</td>
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<tr>
<td>ENGL</td>
<td>Advanced Composition</td>
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<tr>
<td>H&amp;S 245</td>
<td>Introduction to Athletic Injuries (S)</td>
<td>3</td>
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<tr>
<td>PEP OR PEB</td>
<td>Activity Class</td>
<td>1</td>
</tr>
<tr>
<td>International</td>
<td>General Education International</td>
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<tr>
<td>ISEM 301</td>
<td>Great Issues</td>
<td>1</td>
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</table>

## JUNIOR FALL (16-17CRS)

<table>
<thead>
<tr>
<th>Course</th>
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<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>PEP OR PEB</td>
<td>Activity Class</td>
<td>1</td>
</tr>
<tr>
<td>PEP 300</td>
<td>Applied Human Anatomy &amp; Biomechanics (F) Prereq: BIOL 120 or permission</td>
<td>3</td>
</tr>
<tr>
<td>PEP 418 &amp; 418L</td>
<td>Physiology of Exercise &amp; Lab Prereq: MVSC 201, BIOL 120, BIOL 121 OR permission</td>
<td>3</td>
</tr>
<tr>
<td>PEP 495</td>
<td>Practicum Prereq: Permission</td>
<td>1</td>
</tr>
<tr>
<td>Electives</td>
<td>Electives to reach 121 credits</td>
<td>5-6</td>
</tr>
<tr>
<td>Am. Diversity</td>
<td>General Education American Diversity</td>
<td>3</td>
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</tbody>
</table>

## JUNIOR SPRING (16CRS)

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>H&amp;S 451</td>
<td>Psychosocial Determinants of Health (S) Prereq: MVSC 201</td>
<td>3</td>
</tr>
<tr>
<td>H&amp;S 490 OR PEP 305</td>
<td>Health Promotion (S) Prereq: H&amp;S 450 OR permission OR Applied Sports Psychology (S)</td>
<td>3</td>
</tr>
<tr>
<td>PEP 360</td>
<td>Motor Behavior (S) Prereq: BIOL 120</td>
<td>3</td>
</tr>
<tr>
<td>PEP 493</td>
<td>Fitness Assessment &amp; Prescription Prereq: Senior Standing, PEP 418 OR permission</td>
<td>3</td>
</tr>
<tr>
<td>Electives</td>
<td>Electives to reach 121 credits</td>
<td>4</td>
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## SENIOR FALL (16-17CRS)

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>H&amp;S 450</td>
<td>Critical Health Issues (F) Prereq: MVSC 201 OR BIOL 120 and BIOL 121</td>
<td>3</td>
</tr>
<tr>
<td>MVSC 445</td>
<td>Internship Preparation &amp; Professional Development Prereq: MVSC 201</td>
<td>1</td>
</tr>
<tr>
<td>PEP 455</td>
<td>Design &amp; Analysis of Research in Movement Sciences Prereq: Junior or Senior standing</td>
<td>3</td>
</tr>
<tr>
<td>PEP 495</td>
<td>Practicum Prereq: Permission</td>
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<tr>
<td>Electives</td>
<td>Electives to reach 121 credits</td>
<td>8-9</td>
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## SENIOR SPRING (13-15CRS)

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>PEP 498</td>
<td>Internship in Exercise Science &amp; Health (Prereq: All major courses)</td>
<td>9</td>
</tr>
<tr>
<td>Electives</td>
<td>Electives to reach 121 credits</td>
<td>4-6</td>
</tr>
</tbody>
</table>

(f) = Class offered only in the Fall term
(s) = Class offered only in the Spring term
Prereq = Prerequisite is a class that is required prior to taking another class