

EXERCISE, SPORT, & HEALTH SCIENCES

Fitness, Health, & Human Performance



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 2.00 or greater to graduate.

Curricular requirements – 120 semester credits total for graduation

MOVEMENT SCIENCES CORE (3CRS)

MVSC 201 Physical Activity, Wellness & Behavior Change 3
Prereq or coreq: PEP 100

MOVEMENT SCIENCES THEORY & LAB (33CRS)

BIOL 227 Human Anatomy and Physiology I (F) *Prereq:* 4
BIOL 102 or 115. Suggested sophomore standing

BIOL 228 Human Anatomy and Physiology II (S) 4
Prereq: BIOL 227

FCS 205 Concepts in Human Nutrition (F) 3

H&S 245 Introduction to Athletic Injuries (S) 3

H&S 451 Psychosocial Determinants of Health (S) 3
Prereq: MVSC 201

PEP 100 Introduction to Exercise Science & Health (F) 1

PEP 300 Applied Human Anatomy & Biomechanics 3
Prereq: BIOL 227 or permission

PEP 360 Motor Behavior (S) 3
Prereq: BIOL 227 or permission

PEP 418/PEP 418L Physiology of Exercise & Lab 3
Prereq: MVSC 201, BIOL 227 & BIOL 228; or permission.

PEP 455 Design & Analysis of Research in Movement Sciences 3
Prereq: Junior or senior standing

PEP 493 Fitness Assessment & Prescription 3
Prereq: Senior standing & PEP 418; or permission

FIT, HEALTH, & HUM PERF EMPHASIS (21CRS)

ENGL 207, 208, 313 OR 317 Advanced Composition 3

H&S 450 Critical Health Issues (F) 3
Prereq: BIOL 227 & 228, or MVSC 201

H&S 490 Health Promotion (S) 3
Prereq: H&S 450 or permission; OR

PEP 305 Applied Sports Psychology (S) 3

MVSC 445 Internship Preparation & Professional Development *Prereq: MVSC 201* 1

PEP 495 Practicum (2 classes) 2
Prereq: permission

PEP 498 Internship in Exercise Science & Health 9
(all major coursework must be completed prior to internship)

ELECTIVES TO ACHIEVE 120 TOTAL CREDITS (23CRS)

Fitness, Health & Human Performance Electives 23

ACTIVITY CLASSES (5CRS)

PEP, IFIT, DAN Activity/Skill Classes 4
It is preferred that you select 4 different classes (see advisor for selection)

PEP 132, 133 OR 134 Skill Analysis 1

UI GENERAL EDUCATION REQUIREMENTS

UI core requirements may overlap degree requirements; students should check with their academic advisor for specific information.

COMMUNICATIONS (8CRS)

ENGL 101 College Writing & Rhetoric 3
The UI catalog requires students take ENGL 101 or 102 (depending on placement scores).

ENGL 102 College Writing & Rhetoric II 3
The UI catalog requires students take ENGL 101 or 102 (depending on placement scores) or dual college credit.

COMM 101 Speech (also a major requirement) 2

NATURAL & APPLIED SCIENCES (7-8CRS)

Gen Ed Lab Science 4

Gen Ed Lab Science OR CORS 3-4

MATH, STATISTICS & COMPUTER SCIENCE (3-4CRS)

Gen Ed Math OR Stats (see advisor) 3-4
(Suggested completion of Math within first year)

ADDITIONAL UI GEN ED REQUIREMENTS (—CRS)*

Humanities (from 2 different disciplines) 6

Social Sciences (from 2 different disciplines) 6
(PSYC 101 suggested)

American Diversity** 1 class

International** 1 class

PEP 498 Senior Experience 9

** 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.*

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Sample Four-Year Plan 2021-2022

FRESHMAN FALL (15CRS)			FRESHMAN SPRING (16CRS)		
PEP 100	Introduction to Exercise Science & Health (F)	1	H&S 245	Introduction to Athletic Injuries (S)	3
PEP OR IFIT	Activity Class	1	PEP OR IFIT	Activity Class	1
ENGL 101	College Writing and Rhetoric I	3	Soc Sci	General Education Social Science	3
MATH	General Education Math	3	COMM 101	Fundamentals of Public Speaking	2
BIOL 102 & 102L	Biology and Society (GE: Science)	4	ENGL 102	College Writing and Rhetoric II	3
Soc Sci	General Education Social Science	3	International	General Education International	3
SOPHOMORE FALL (14CRS)			SOPHOMORE SPRING (15CRS)		
BIOL 227	Human Anatomy and Physiology (F) <i>Prereq: BIOL 102 or 115 (rec. sophomore standing)</i>	4	BIOL 228	Human Anatomy and Physiology II (S) <i>Prereq: BIOL 227</i>	4
MVSC 201	Physical Activity & Behavior Change <i>Prereq or coreq: PEP 100</i>	3	ENGL —	Advanced Composition	3
PEP OR IFIT	Activity Class	1	Humanities	General Education Humanities	3
FCS 205	Concepts in Human Nutrition (F) (GE: Science)	3	PEP OR IFIT	Activity Class	1
Humanities	General Education Humanities	3	Electives	Electives to reach 120 credits	3
			Electives	Electives to reach 120 credits	1
JUNIOR FALL (16-17CRS)			JUNIOR SPRING (15CRS)		
PEP OR IFIT	Activity Class	1	H&S 451	Psychosocial Determinants of Health (S) <i>Prereq: MVSC 201</i>	3
PEP 300	Applied Human Anatomy & Biomechanics <i>Prereq: BIOL 227 or permission</i>	3	H&S 490 OR PEP 305	Health Promotion (S) <i>Prereq: H&S 450 or permission</i> OR Applied Sports Psychology (S)	3
PEP 418 & 418L	Physiology of Exercise & Lab <i>Prereq: MVSC 201, BIOL 227, BIOL 228 OR permission</i>	3	PEP 360	Motor Behavior (S) <i>Prereq: BIOL 227</i>	3
PEP 495	Practicum <i>Prereq: Permission</i>	1	PEP 455	Design & Analysis of Research in Movement Sciences <i>Prereq: Junior or Senior standing</i>	3
Electives	Electives to reach 120 credits	5-6	Electives	Electives to reach 120 credits	3
Am. Diversity	General Education American Diversity	3			
SENIOR FALL (16-17CRS)			SENIOR SPRING (12-15CRS)		
H&S 450	Critical Health Issues (F) <i>Prereq: MVSC 201 OR BIOL 227 and BIOL 228</i>	3	PEP 498	Internship in Exercise Science & Health <i>(Prereq: All major courses)</i>	9
MVSC 445	Internship Preparation & Professional Development <i>Prereq: MVSC 201</i>	1	Electives	Electives to reach 120 credits	3-6
PEP 493	Fitness Assessment & Prescription <i>Prereq: Senior Standing, PEP 418/418L or permission</i>	3			
PEP 495	Practicum <i>Prereq: Permission</i>	1			
Electives	Electives to reach 120 credits	8-9			

(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

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