

# 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 (21CRS)

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

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

**H&S 450 or H&S 451** Critical Health Issues (F) or 3  
Psychosocial Determinants of Health (S) *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 418** Physiology of Exercise 3  
*Prereq: MVSC 201, BIOL 227 & BIOL 228; or permission.*

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

### FIT, HEALTH, & HUM PERF EMPHASIS (33-36CRS)

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

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

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

**PEP 495** Practicum (2 classes) 2  
*Prereq: permission*

**PEP 498** Internship in Exercise Science & Health 6-9  
*(all major coursework must be completed prior to internship)*

### SELECT 9 CREDITS FROM THE FOLLOWING (9CRS)

**H&S 450** Critical Health Issues (F) 3

**FN 205** Concepts in Human Nutrition 3

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

**H&S 490** Health Promotion (S) 3

**MVSC 486** Healthy, Active Lifestyle Assessment & 3  
Intervention (S) *Prereq: junior or senior standing*

### ACTIVITY CLASSES (4CRS)

**PEP, IFIT, DAN** Activity/Skill Classes 3

**PEP 132, 133 OR 134** Skill Analysis 1

### SELECT 9 CREDITS FROM THE FOLLOWING (9CRS)

**H&S 245** Introduction to Athletic Injuries 3

**PEP 305** Applied Sports Psychology (S) 3

**PEP 459** Sport Nutrition (S) 3

**PEP 407** Sport Biomechanics 3

**PEP 409** Concepts in Strength and Conditioning 3

### UI GENERAL EDUCATION REQUIREMENTS

#### 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.*

**Oral Communication** 2-3

#### 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

**American Diversity** 1 class

**International** 1 class

**Senior Experience** (PEP 498) 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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## Sample Four-Year Plan 2022-2023

FRESHMAN FALL (15CRS)			FRESHMAN SPRING (16-17CRS)		
PEP 100	Introduction to Exercise Science & Health (F)	1	Science	General Education Science	4
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	Oral Comm	General Education Oral Communication	2-3
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	Humanities	General Education Humanities	3
PEP 132, 133, OR 134	Skill Analysis	1	FHHP Elect	Electives to reach 120 credits	3
Am Diversity	General Education American Diversity	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 (16CRS)			JUNIOR SPRING (15CRS)		
PEP 495	Practicum <i>Prereq: Permission</i>	1	H&S 450 or H&S 451	Critical Health Issues (F) or 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	PEP 360	Motor Behavior (S) <i>Prereq: BIOL 227</i>	3
PEP 418	Physiology of Exercise <i>Prereq: MVSC 201, BIOL 227, BIOL 228 or permission</i>	3	PEP 455	Design & Analysis of Research in Movement Sciences <i>Prereq: Junior or Senior standing</i>	3
FHHP Elect	Electives to reach 120 credits	3	FHHP Elect	Electives to reach 120 credits	3
FHHP Elect	Electives to reach 120 credits	6	Electives	Electives to reach 120 credits	3
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SENIOR FALL (16-17CRS)			SENIOR SPRING (12-15CRS)		
PEP 493	Fitness Assessment & Prescription <i>Prereq: Senior Standing, PEP 418 or permission</i>	3	PEP 498	Internship in Exercise Science & Health <i>(Prereq: All major courses)</i>	6-9
MVSC 445	Internship Preparation & Professional Development <i>Prereq: MVSC 201</i>	1	Electives	Electives to reach 120 credits	6-9
PEP 495	Practicum <i>Prereq: Permission</i>	1			
FHHP Elect	Electives to reach 120 credits	3			
Electives	Electives to reach 120 credits	8-9			

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