

EXERCISE, SPORT, & HEALTH SCIENCES

Pre-Physical Therapy and Allied Health



The Exercise, Sport, & Health Sciences degree with an emphasis in Pre-Physical Therapy and Allied Health offers students the opportunity to be actively involved in helping people develop healthy active lifestyles. It also prepares students for post-baccalaureate study in numerous health professions including; physical therapy, occupational therapy, athletic training, public health, nursing, and preventive and rehabilitative exercise. 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) 4
Prereq: BIOL 102 or 115

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

PRE-PT & ALLIED HEALTH EMPHASIS (29-32CRS)

BIOL 115/115L Cells and the Evolution of Life & Lab 4
Prereq: CHEM 101 or 111

CHEM 111/CHEM 111L Principles of Chemistry I & Lab 4
Prereq: MATH 143 or CHEM 101/101L

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

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

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

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

PSYC 305 or PSYC 311 Dev Psychology or Abnormal 3
Psych *Prereq: PSYC 101*

STAT 251 Principles of Statistics *Prereq: MATH 143* 3

PEP 498 Internship in Exercise Science & Health 6-9

ACTIVITY CLASSES (4CRS)

PEP 132, 133 OR 134 Skill Analysis 1

PEP, IFIT, DAN Activity/Skill Classes 3

SELECT 3 CREDITS FROM THE FOLLOWING (3CRS)

BIOL 114, BIOL 250/255, BIOL 310, BIOL 380, CHEM 112/112L, CHEM 277/278, PHYS 111/111L, PSYC 372 1-5

SELECT 12 CREDITS FROM THE FOLLOWING

FN 205 Concepts in Human Nutrition (F) 3

H&S 232 Medical Terminology (SU) 2

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

H&S 328 Community Health: Theory, Systems, Practice 3

H&S 450 Critical Health Issues (F) *Prereq: MVSC 201* 3

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

H&S 490 Health Promotion (S) 3

PEP 305 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 (8-9CRS)

ENGL 101 College Writing & Rhetoric 3

ENGL 102 College Writing & Rhetoric II 3

Oral Communication 2-3

NATURAL & APPLIED SCIENCES (7-8CRS)

Gen Ed Lab Science 3-4

Gen Ed Lab Science 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

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	ENGL 102	College Writing and Rhetoric II	3
PEP or IFIT	Activity Class	1	PEP —	Skill Analysis (PEP 132, 133 or 134)	1
ENGL 101	College Writing and Rhetoric I	3	STAT 251	Statistics <i>Prereq: MATH 143</i>	3
Soc Sci	General Education Social Science <i>(PSYC 101 suggested)</i>	3	Oral Comm	General Education Oral Communication	2-3
CHEM 111 & CHEM 111L	Principles of Chemistry w/lab <i>Prereq: MATH 143 OR CHEM 101</i>	4	BIOL 115 & 115L	Cells and Evolution of Life and Lab	4
MATH	General Education Math	3	Humanities	General Education Humanities	3
SOPHOMORE FALL (14-15CRS)			SOPHOMORE SPRING (14-15CRS)		
BIOL 227	(Human Anatomy and Physiology I (F) <i>Prereq: BIOL 102 or 115.</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	PTAH Elect	PTAH Elective (<i>see degree sheet or catalog for options</i>)	3-4
PEP or IFIT	Activity Class	1	PEP or IFIT	Activity Class	1
PTAH Elect	PTAH Elective (<i>see degree sheet or catalog for options</i>)	3-4	International	General Education International	3
Soc Sci	General Education Social Science	3	Humanities	General Education Humanities	3
JUNIOR FALL (14CRS)			JUNIOR SPRING (16CRS)		
PEP 300	Applied Human Anatomy & Biomechanics <i>Prereq: BIOL 227 or permission</i>	3	H&S 450 or 451	Critical Health Issues (F) or Psychosocial Determinants of Health (S) <i>Prereq: MVSC 201</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
PEP 495	Practicum <i>Prereq: Permission</i>	1	PEP 360	Motor Behavior (S) <i>Prereq: BIOL 227</i>	3
PTAH Elect	PTAH Elective (<i>see degree sheet or catalog for options</i>)	4	PSYC 305 or PSYC 311	Developmental or Abnormal Psychology <i>Prereq: PSYC 101</i>	3
Am Diversity	General Education American Diversity	3	PTAH Elect	PTAH Elective (<i>see degree sheet or catalog for options</i>)	4
SENIOR FALL (16-17CRS)			SENIOR SPRING (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
PTAH Elect	PTAH Elective (<i>see degree sheet or catalog for options</i>)	3-4			
PEP 495	Practicum <i>Prereq: Permission</i>	1			
Electives	Electives to reach 120 credits	5			
Electives	Electives to reach 120 credits	3			