

HEALTH AND EXERCISE SCIENCE, BACHELOR OF SCIENCE

Dr. Rockie Pederson, Department Head

J.W. Hull Physical Education Building, Room 110

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Curriculum

Course	Title	Hours	Completed
Freshman			
Fall			
BIOL 1014	Introduction to Biological Science ²	4	_____
ENGL 1013	Composition I ¹	3	_____
HES 1003	Introduction to Exercise Programming ²	3	_____
MATH 1113	College Algebra (or higher)	3	_____
PE 1201	Orientation to Health, Physical Education, and Wellness Science ²	1	_____
PE Elective ²		1	_____
	Hours	15	
Spring			
COMM 2173	Business and Professional Speaking	3	_____
ENGL 1023	Composition II ¹	3	_____
HLED 1513	Lifetime Health and Fitness ²	3	_____
PHSC XXXX	Physical Science with Laboratory ¹	4	_____
PSY 2003	General Psychology	3	_____
	Hours	16	
Sophomore			
Fall			
COMS 1003	Introduction to Computer Based Systems	3	_____
HES 2003	Field-Based Experience in Health and Exercise Science ²	3	_____
PE 2513	First Aid ²	3	_____
PE 2653	Anatomy and Physiology ²	3	_____
PE Elective ²		1	_____
USHG 1XXX	U.S. History and Government ¹	3	_____
	Hours	16	
Spring			
ECON 2003	Principles of Macroeconomics	3	_____
FAH 1XXX	Fine Arts and Humanities Courses ¹	6	_____
HES 2013	Weight Training for Personal Trainers, High School Coaches, and Physical Education ²	3	_____
PE 3661	Laboratory Experiences in Anatomy/Physiology and Kinesiology ²	1	_____
PE 3663	Kinesiology ²	3	_____
	Hours	16	
Junior			
Fall			
AHS 2013	Medical Terminology	3	_____

HES 2023	Endurance Programming and Conditioning ²	3	_____
HES 2043	Applied Fitness Assessment and Development ²	3	_____
PE 3573	Prevention and Care of Athletic Injuries ²	3	_____
PE 4033	Exercise Physiology ²	3	_____
Hours		15	
Spring			
HES 3003	Exercise Prescription ²	3	_____
HES 3023	Exercise Behavior and Adherence ²	3	_____
HLED 3203	Consumer Health Programs ²	3	_____
MGMT 3003	Principles of Management	3	_____
MKT 3043	Principles of Marketing	3	_____
Hours		15	
Senior			
Fall			
HES 4003	Senior Seminar ²	3	_____
HES 4013	Health and Exercise Science Practicum ²	3	_____
HES 4023	Principles of Strength and Conditioning ²	3	_____
HES 4063	Wellness and Fitness Programming ²	3	_____
HLED 4403	Sport and Exercise Nutrition ²	3	_____
Hours		15	
Spring			
HES 4012	Health and Exercise Science Internship ²	12	_____
Hours		12	
Total Hours		120	

¹ See appropriate alternatives or substitutions in "General Education Requirements (<https://catalog.atu.edu/undergraduate/programs/education-health/kinesiology-rehabilitation-science/health-exercise-science-bs/atu.edu/undergraduate/general-education-requirements/>)".

² Must earn a grade of "C" or better.