MAJOR: Bachelor of Science – Exercise Science: Health and Wellness (BS.EXS.WEL)

Name: _______________________________________
First Year of Enrollment: _________
HPU e-mail: __________________________________
Alternate e-mail: ___________________________
Cell phone: ___________________________________
Local address: ________________________________

GENERAL EDUCATION REQUIREMENTS
Please refer to the Student Planning website for a comprehensive, approved list of courses to complete each requirement.**

UNIVERSITY CORE = 22 credits
____ First Year Seminar - FYS1000
____ President’s Seminar - EXP1101
____ English Writing - ENG1103
____ Mathematics - MTH1110 or higher [MTH ______]
____ Foreign Language - One course at 1020 level or higher from approved list [_______]
____ Ethics - One course from approved list [_______]
____ Physical Education - One PE course or participate in an inter-collegiate or club sport for one term [_______]

AREA I ELECTIVES = 16 credits
____ History - Any 1000/2000 level course from approved list [HST ________]
____ Religion - One course from approved list [REL______]
____ Fine Arts - One course from approved list [_______]
____ Literature - One course from approved list [_______]

AREA II ELECTIVES = 12 credits
____ Lab Science - One course from approved list
(4 cr. minimum) [_______]
____ Social Sciences - Two courses from two different departments from approved list [_______], [_______]

MATURITY REQUIREMENT
____ Two courses at 2000-level and one course at 3000-level in any discipline not used to satisfy requirements in your major [_______], [_______], [_______]

GLOBAL STUDIES REQUIREMENT
____ One course from approved list [_______]

B.S. EXERCISE SCIENCE with HEALTH and WELLNESS CONCENTRATION MAJOR
[40 credits]
____ BIO2060: Human Physiology
____ BIO2070: Human Anatomy
____ EXS2100: Analysis and Critique
____ EXS2200: Exercise Physiology
____ EXS2300 Biomechanics
____ EXS3200: Exercise Testing and Prescription
____ EXS4400: Health Behavior Change
____ EXS4600: Sociocultural Aspects of Obesity
____ EXS4650: Physical Activity Epidemiology
____ EXS4675: The Body and Identity

128 TOTAL HOURS REQUIRED FOR GRADUATION

**Requirements listed above based on the 2015-2016 Undergraduate Bulletin

7/14/2015