OTTERBEIN UNIVERSITY

Department of Health and Sport Sciences
College of Professional Studies
Bachelor of Science Degree

# Exercise Science and Health Promotion

**Name:** _____ **ID:** _____

**Phone:** _____ **Catalog Year:** _____

| COURSE ID | COURSE TITLE | CR. HRS. | SEM. TAKEN | GRADE |
|---|---|---|---|---|
| | **Exercise Science and Health Promotion Major Core Courses** | | | |
| EXSC 1111 | Anatomy and Physiology 1 and LAB | 3 + 1 | F | |
| EXSC 1112 | Anatomy and Physiology 2 and LAB | 3 + 1 | F/S | |
| HLED 1400 | Individual and Community Health | 3 | S | |
| HLED 2100 | Fundamentals of Nutrition | 3 | F/S | |
| EXSC 1800 | Professional Perspectives in Exercise Science and Health Promotion | 3 | F | |
| EXSC 2300 | Exercise Testing and Prescription Prerequisite: HLED 1111 or BIO 1810, sophomore status or permission of instructor | 3 | S | |
| EXSC 2900 | Practicum in Exercise Science and Health Promotion Prerequisites: Sophomore standing and permission of the instructor. | 3 | S | |
| EXSC 3050 | Exercise for Selected Populations Prerequisites: EXSC 2300, Junior or senior Exercise Science and Health Promotion major or permission of instructor. | 3 | F | |
| EXSC 3100 | Worksite Wellness Programs Prerequisite: junior status This course has an additional course fee. | 3 | S | |
| EXSC 3400 | Kinesiology EXSC 1111 or BIO 1810. This course is open to NON-Athletic Training Students | 3 | F/S | |
| EXSC 3900 | Independent Study in Exercise Science and Health Promotion | 2 | F/S | |
| EXSC 4400 | Exercise Physiology AND LAB Prerequisites: BIO 1810 and 1820 (Allied Health majors) or EXSC 1111 and 1112 (Allied Health , Athletic Training & Exercise Science and Health Promotion majors); or permission of instructor. Lecture and Lab must be taken same term | 3 + 1 | S | |
| EXSC 4900 | Internship in Exercise Science and Health Promotion 2.5 GPA and Prerequisites: Senior status; Permission of instructor and chairperson required. | 8 | F/S/Su | |
| PUBH 3500 | Public Health Program Planning and Evaluation | 3 | F | |
| EXSC 4100 | Strength and Conditioning I Prerequisites: BIO 1810 and 1820 or HLED 1111 and 1112 and must be Junior or Senior standing. | 3 | F | |
| LFW ____ | Choose 2 for major requirement in addition to the Gen Ed requirement | 2 | F/S | |
| | **College Requirements** | | | |
| FYS | | 3 | | |
| INST 1500 | | 3 | | |
| INST 2000 | | 3 | | |
| INST 2200 | | 3 | | |
| INST 2400 | | 3 | | |
| INST 2600 | | 3 | | |
| INST 2800 | | 3 | | |
| INST 3000 | | 3 | | |
| LFW ____ | Lifestyle Fitness & Wellness | 1 | | |
| SYE ____ | Senior Year Experience | 2-3 | | |
| MATH ____ | 1210 or 1220 | 3 | | |
| | **Electives** | | | |
| ____ ____ | Elective(s) | 35-36 | | |
| | | | | |
| | | | | |
| | *This checklist is to be used as a tool to assist students with scheduling and does not constitute the official college requirements. It is subject to change without notice. Please consult Otterbein University Undergraduate Course catalog for the semesters that you enrolled for official requirements. 6/2018 **Total:** | **120-121** | | |

**1. 2.5 GPA is required for EXSC 4900 internship.** **2. 120 credit hours minimum required for graduation.**

***Students are responsible for monitoring their own progress toward degree completion and for meeting all graduation requirements. I have reviewed the Health Promotion and Fitness course requirement sheet and professional requirements with an advisor and assume responsibility for remaining informed and completing my program of study.***

***Student Signature:*** _____ ***Advisor Signature:*** _____ ***Date:*** _____