

ACADEMIC MAP

Exercise Science (B.S.)

EXERCISE PHYSIOLOGY CONCENTRATION



FAIRMONT STATE
UNIVERSITY™

College of Education, Health &
Human Performance

First Semester

COURSE	CREDIT HOURS	SIGNIFICANCE
PHED 1100 Fitness & Wellness*	2	(CC 11) Major
PHED 1121 Intro to Human Movement	2	Major
PHED 2200 Accident Analysis & Emerg. Care	2	Major
MATH 1430* or 1530* Recommended College Algebra w/ Support or College Algebra	3-4	(CC 5)
ENGL 1101 Written English I	3	(CC 2)
BIOL 1105 (Fall Only) Recommended	4	(CC 8)
SOAR 1100 or HONR 1100	1	(CC 1)
Total	17-18	

Second Semester

COURSE	CREDIT HOURS	SIGNIFICANCE
PHED 2211 Anatomy & Physiology	4	Major (C Req)
HLTA 1150 Intro to Health Education	3	Major
ENGL 1102 Written English II	3	(CC 3)
COMM 2200 or 2201 or 2202 (Select 1)	3	(CC 4)
BIOL 1106** (Spring Only) Recommended	4	Elective
Total	17	

Third Semester

COURSE	CREDIT HOURS	SIGNIFICANCE
PHED 3312 Physiology of Exercise	3	Major (C Req)
NUTR 1110 Nutrition or NUTR 1145 Sports Nutrition	3	Major
HIST 1107, HIST 1108, or POLI 1100, or RECR 1141	3	(CC 10)
CHEM 1105**	5	Major
PSYC 1101 Intro to Psychology	3	(CC 9)
Total	17	

Fourth Semester

COURSE	CREDIT HOURS	SIGNIFICANCE
PHED 3313 Biomechanics	3	Major (C Req)
PHED 3316 Fitness Assessment	3	Major (C Req)
PHED 3318 Sport Social Psychology	3	Major
Electives [^]	6	Electives
Total	15	

Bachelor of Science in Exercise Science First Year

- Begin Core Curriculum Requirements
- Take introductory Exercise Science courses.
- Maintain a minimum grade point average of 2.0.
- Earn the required grade of 'C' or better in PHED 2211 which serves as a prerequisite for the next level of courses.
- Consider options for 30-35 credit hours of free electives that include: adding a second major, a minor, and/or fulfilling prerequisite requirements for professional school admission. (Physical Therapy, Occupational Therapy, Medicine, Athletic Training, Physician's Assistant, Chiropractor)
- Preparation for admission to professional programs (Physical Therapy, Occupational Therapy, Medicine, Physician's Assistant, etc.) after graduation requires successful completion of a minimum of 8 sciences (BIOL, CHEM, PHYS). It is suggested that students complete one science course per semester in school.
- **BIOL 1106 is not required for Athletic Training. If CHEM 1101 needed, recommend taking in place of BIOL 1105 or 1106 in the second semester, and move CC 4 course to another semester.
- *The Exercise Physiology degree math requirement is MATH 1407 or higher. MATH 1430 or MATH 1530 are recommended to meet course prerequisites needed for students pursuing professional degrees such as physical therapy.

Bachelor of Science in Exercise Science Second Year

- Continue to fulfill Core Curriculum Requirements.
- Take next level Exercise Science courses.
- Maintain a minimum grade point average of 2.0.
- Earn the required grade of 'C' or better in PHED 3312, PHED 3313 and PHED 3316. These courses serve as prerequisites for the next level of courses and to keep you on track to graduate.
- **CHEM 1105 is required as prerequisite for most professional schools. It is not required to get an Exercise Physiology concentration degree.
- Elective courses can be used for completing prerequisite requirements for professional school admission.
- Declare this concentration at the end of the fourth semester if you have not done so already.

CONTACT INFORMATION:

Dr. Paul Reneau – 304.367.4148 paul.reneau@fairmontstate.edu
 Dr. Derek Dewig – 304.367.3649 derek.dewig@fairmontstate.edu
 Dr. Shawn Reese – 304.333.3720 virginia.delawder@fairmontstate.edu

Exercise Science (B.S.)

EXERCISE PHYSIOLOGY CONCENTRATION

Fifth Semester

COURSE	CREDIT HOURS	SIGNIFICANCE
PHED 1180 Medical Terminology	3	Major
PHED 3314 Group Fitness	2	Major
Humanities – Any Course	3	(CC 6)
Fine Arts – Any Course	3	(CC 7)
Electives [^]	3	Electives
Total	14	

Bachelor of Science in Exercise Science Third Year

- Maintain a minimum grade point average of 2.0.
- Courses in this year have a 'C' or better prerequisite that must be met to enroll in the course.
- Students preparing for admission to professional programs (Physical Therapy, Occupational Therapy, Medicine, Physician's Assistant, etc.) after graduation should be checking the prerequisite requirements for the programs you are planning to apply.

Sixth Semester

COURSE	CREDIT HOURS	SIGNIFICANCE
PHED 3315 Advanced Personal Training	3	Major
PHED 3317 Clinical Applications	3	Major
Electives [^]	9	Electives
Total	15	

Seventh Semester

COURSE	CREDIT HOURS	SIGNIFICANCE
PHED 3360 Strength & Conditioning	3	Major
PHED 4400 Research Methodology	3	Major (C Req)
Electives [^]	6	Electives
Total	12	

Bachelor of Science in Exercise Science Fourth Year

- Apply for graduation the semester prior to when you plan to graduate.
- Have a degree audit completed by the Registrar's office.
- Complete 120 credit hours of course work fulfilling the requirements of the major and the core curriculum.
- Maintain a minimum grade point average of 2.0.
- PHED 4400 and PHED 4410 may not be taken in the same semester.
- Gain pre-approval from the course instructor for PHED 4420, Exercise Science Internship.

Eighth Semester

COURSE	CREDIT HOURS	SIGNIFICANCE
PHED 4410 Research Design Seminar Writing Intensive Course	3	Major
PHED 4420 Exercise Science Internship	3	Major
Electives [^]	6	Electives
Total	12	

Notes:

Note: This is a suggested course sequence and is meant to be a guide. The Core Curriculum courses are recommendations only. Check the Undergraduate Catalog for entrance year to Fairmont State to learn more about the graduation requirements for this major. July 15, 2021 3pm

FAIRMONTSTATE.EDU/collegeofehhp