



# FLORIDA STATE UNIVERSITY

COLLEGE OF HUMAN SCIENCES

Department of Nutrition, Food and Exercise Sciences

Course Requirements for

B.S. Degree in **Exercise Physiology**

Major: **Exercise Physiology** (2019-2020)

## Pre-Requisite Requirements

| ✓ | GRADE | COURSE #      | COURSE TITLE  | CREDIT HOURS | SEM OFFERED | PREREQUISITE(S)           |
|---|-------|---------------|---|--------------|-------------|---------------------------|
|   |       | MAC 1105*     | College Algebra*  | 3            | F, Sp, S    |                           |
|   |       | MAC 1140*     | Precalculus Algebra*  | 3            | F, Sp, S    | MAC 1105                  |
|   |       | MAC 1114*     | Analytic Trigonometry*  | 2            | F, Sp, S    | MAC 1105                  |
|   |       | CHM 1045*     | General Chemistry I*  | 3            | F, Sp, S    | MAC 1105                  |
|   |       | CHM 1045L*    | General Chemistry I Lab*  | 1            | F, Sp, S    | CHM 1045 corequisite      |
|   |       | CHM 1046*     | General Chemistry II*   | 3            | F, Sp, S    | CHM 1045/1045L            |
|   |       | CHM 1046L*    | General Chemistry II Lab*   | 1            | F, Sp, S    | CHM 1046 corequisite      |
|   |       | HUN 1201*     | Science of Nutrition*<br><b>≥B- required for entry into the major.</b>  | 3            | F, Sp, S    |                           |
|   |       | PSY 2012*     | General Psychology*   | 3            | F, Sp, S    |                           |
|   |       | BSC 2010*     | Biological Science I*   | 3            | F, Sp, S    |                           |
|   |       | BSC 2010L*    | Biological Science I Lab*<br><b>Meets Computer Skills Competency Requirement if taken at FSU. If not, then CGS 2060 required.</b> | 1            | F, Sp, S    |                           |
|   |       | CHM 3217*     | One Semester Organic Chemistry*   | 3            |             | CHM 1046/1046L            |
|   |       | CHM 3217L     | One Semester Organic Chemistry Lab  | 1            |             | CHM 3217                  |
|   |       | CHM 2210*     | Organic Chemistry I*  | 3            | F, Sp, S    | CHM 1046/1046L            |
|   |       | CHM 2211      | Organic Chemistry II  | 3            | F, Sp, S    | CHM 2210                  |
|   |       | CHM 2211L     | Organic Chemistry II Lab  | 3            | F, Sp, S    | CHM 2210 & CHM 2211 coreq |
|   |       | BSC 2011*     | Biological Science II*  | 3            | F, Sp, S    | BSC 2010                  |
|   |       | BSC 2011L     | Biological Science II Lab   | 1            | F, Sp, S    | BSC 2010/2010L            |
|   |       | PET 3102*     | Introduction to Exercise Sciences*  | 1            | F, Sp       |                           |
|   |       | STA2122/2023* | Statistics*   | 3            | F, Sp, S    | MAC 1105                  |

**\*If you earn below the minimum grade required (C- or better unless noted otherwise), you are allowed a single repeat for only one of these courses. If you earn below the minimum grade in any two of these courses, you may not be in this major.**

## College/University Requirements (may also count as Liberal Studies Requirements)

| ✓ | GRADE | COURSE #                     | COURSE TITLE  | CREDIT HOURS | SEM OFFERED | PREREQUISITE(S) |
|---|-------|------------------------------|---|--------------|-------------|-----------------|
|   |       | FAD 2230                     | Family Relationships (1 <sup>st</sup> College Core)   | 3            | F, Sp, S    |                 |
|   |       | 2 <sup>nd</sup> College Core | Any other College of Human Sciences course outside of this major.   | 3            | F, Sp, S    |                 |
|   |       | SPC 1017                     | Fundamentals of Speech<br><b>Or any other course that meets the Oral Communication Competency Requirement</b> | 3            | F, Sp, S    |                 |

Note: See your Undergraduate General Bulletin **and** your academic advisor for PREREQUISITES and further requirements.

## Upper Division

|           |                                      |   |         |                                       |
|-----------|--------------------------------------|---|---------|---------------------------------------|
| BCH 3023  | Survey of Biochemistry (or BCH 4053) | 3 | F, -, S | CHM 2200/2200L or CHM 2210/2211/2211L |
| BCH 3023L | Survey of Biochemistry Lab           | 1 | F, -, S | CHM 2200/2200L or CHM 2210/2211/2211L |

|           |   |   |          |                      |
|-----------|---|---|----------|----------------------|
| PET 3322  | Functional Anatomy and Physiology I     | 3 | F, Sp, S | HUN 1201 & CHM 1045  |
| PET 3322L | Functional Anatomy and Physiology I Lab | 1 | F, Sp, S | HUN 1201, CHM 1045 & |

|   |           |  |   |          |   |
|---|-----------|--|---|----------|---|
|   |           |  |   |          | PET 3322 corequisite  |
|   | PET 3323C | Functional Anatomy and Physiology II   | 4 | F, Sp, S | PET 3322/3322L  |
|   | APK 3110C | Applied Exercise Physiology  | 4 | F, Sp, S | PET 3322/3322L  |
|   | PHY 2053C | College Physics A  | 4 | F, Sp, S | MAC 1140 & MAC 1114   |
|   | PHY 2054C | College Physics B  | 4 | F, Sp, S | PHY 2053C   |
|   | HUN 3224  | Intermediary Metabolism I  | 3 | F, Sp, S | HUN 1201,<br>CHM 2200/2200L or<br>CHM 2210                  |
|   | HUN 3226  | Intermediary Metabolism II   | 3 | F, Sp, S | HUN 1201,<br>PET 3322/3322L &<br>HUN 3224 or BCH 3023/3023L |
|   | PET 4551  | Exercise Testing and Prescription  | 3 | F, Sp, S | APK3110C  |
| <b>**Select 3 of the following for a minimum of 9 credit hours**:</b> |           |  |   |          |   |
|   | APK 3113  | Methodology of Strength and Conditioning   | 3 | F, Sp, - | None  |
|   | APK 3164  | Eating Disorders and Body Images   | 3 | F, Sp, - | None  |
|   | APK 4400  | Sport Psychology   | 3 | F, Sp, S | None  |
|   | APK 4401  | Exercise Psychology  | 3 | F, Sp, - | None  |
|   | APK 4402  | Applied Sport Psychology   | 3 |          | APK 4400  |
|   | APK 4403  | Performance Psychology   | 3 | F, Sp    | None  |
|   | ATR 3102  | Athletic Training (for non-majors)   | 3 | F, -, S  | PET 3322/3322L  |
|   | HSC 4711  | Wellness/Health Risk Reduction   | 3 | F, Sp, - | None  |
|   | HUN 4362  | Functional Foods and Human Health  | 3 |          | HUN 1201  |
|   | HUN 4905  | Peer Health Advocacy   | 3 |          | None  |
|   | PET 3361  | Nutrition and Sports   | 3 | F, Sp, - | HUN 1201 &<br>PET 3322/3322L                                |
|   | PET 3932r | Special Topics: Exercise and Disease   | 3 | -, Sp, - | APK3110C  |
|   | PET 4076  | Physical Dimensions of Aging   | 4 | -, Sp, - | None  |
|   | Electives | You must have 120 hours to graduate. Use additional elective courses to reach this number if needed. |   |          |   |

#### SUGGESTED ELECTIVES

CHM 3400 General Physical Chemistry (4)  
 FAD 4601 Foundations of Counseling (3)  
 HUN 2125 Food and Society (3) (Multicultural x)  
 MAC 2311 Calculus with Analytical Geometry I (4)  
 MCB 2004/L Microbiology for Health Services (3/1) (Sp)

NUR 3195 The Individual, Death and the Family (2)  
 PET 4501 Human Movement Studies (3)  
 PHZ 4702 Biomedical Physics I (3)  
 PHZ 4703 Biomedical Physics II (3)  
 PSB 2000 Introduction to Brain and Behavior (3)

#### SUGGESTED ELECTIVES – SPECIFIC AREAS OF INTEREST

##### Pre-Medical

Complete CHM 2210, CHM 2211 & CHM 2211L

BCH 4053 General Biochemistry I (3)  
 BCH 4054 General Biochemistry II (3)\*  
 PCB 3063 General Genetics (3)\*  
 PCB 3134 Cell Structure and Function (3)\*

\*Permission may be needed from respective department, or course may be restricted to Biology/Chemistry majors until Drop/Add.

##### Pre-Physical Therapy (2-3 Courses)

For most schools, complete CHM 3217/3217L  
 CHD 2220 Child Growth and Development (3)  
 DEP 3103 Child Psychology (3)  
 DEP 3305 Psychology of Adolescent Development (3)  
 DEP 4404 Psychology of Adult Development and Aging (3)

For more pre-health professions information, visit: <http://med.fsu.edu/index.cfm?page=AdvisingOutreach.prehealthManuals>.

#### GENERAL REQUIREMENTS FOR GRADUATION

(SEE UNDERGRADUATE GENERAL BULLETIN FOR MORE DETAILS)

1. Liberal Studies completed with a 2.0 GPA; completion of State Core Requirements & University Requirements.
2. A minimum of 120 unduplicated credit hours (only 2 credit hours of which may be in physical activity courses).
3. A minimum of 45 credit hours of 3000-4000 level courses, 30 of which must be taken at FSU.
4. Nine credits in summer (only for students enrolling in FSU with less than 60 credit hours).
5. Last of 30 credit hours and half of major courses at FSU.
6. Completion of major course requirements, with  $\geq$  the minimum grade specified in selected courses and  $\geq$ C- in all other required courses.
7. A University graduation check with Registrar's Office (University Center A3900).
8. A College of Human Sciences major graduation check with your assigned academic advisor.

**For questions about course requirements or advising, please see your assigned academic advisor.**