



## Academic Map Bachelor of Science in Exercise Physiology

Dear Pre-Exercise Physiology Major:

This map is a term-by-term sample course schedule. The milestones listed below each term are designed to keep you on course to graduate in four years. Two sample schedules are provided as general guidelines to help you build a full schedule each term (one includes summer semester matriculation and one does not). The courses must be selected with your advisor to satisfy all core curriculum and state, lab science, and multicultural requirements. The Exercise Physiology program accepts students during fall and spring semesters.

Exercise Physiology is a discipline that includes clinical experience physiology and applied exercise physiology. Applied Exercise Physiologists manage programs to assess, design, and implement individual and group exercise and fitness programs for apparently healthy individuals and individuals with controlled disease (CAAHEP). Exercise physiologist in medical services develop, implement, and coordinate exercise programs and administer medical test under a physician's supervision, to promote physical fitness. Exercise physiologist also observe participants during exercise for signs of stress. They also teach behavior modification classes like stress management, weight control and other similar subjects (US Department of Labor).

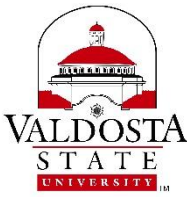
Students who complete the major in Exercise Physiology will graduate with a Bachelor of Science degree in Exercise Physiology. The Bachelor of Science in Exercise Physiology curriculum is based upon the desired educational content and outcomes recommended by the American College of Sports Medicine. All Exercise Physiology majors complete the general Exercise Physiology sequence and a common sixty-hour sequence of major courses.

A Bachelor of Science in Exercise Physiology offers multiple career opportunities such as: Hospital Cardiopulmonary & Cancer Rehabilitation programs, Hospital Wellness & Fitness Center, Corporate Wellness & Fitness Program, Community Health Educator, Physician's Office (Stress Testing), Pharmaceutical Sales, Medical Equipment Sales, Personal Trainer, Athletic Strength & Conditioning Coach, YMCA Fitness Director, Secondary School Teacher (Science, Health/PE), and Department of Defense/Civil Service/Military. There are also multiple graduate school opportunities such as Exercise Physiology, Physical Therapy, Occupational Therapy, Physician Assistant, Direct-Entry Nurse Practitioner, Chiropractic, Medical or Osteopathic School and Public Health.

Program website: <http://www.valdosta.edu/colleges/nursing-and-health-sciences/exercise-physiology/welcome.php>

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## Academic Map Bachelor of Science in Exercise Physiology

### SAMPLE SCHEDULE Fall and Spring Terms

| YEAR 1   |      |  |      |
|--|------|--|------|
| TERM 1   | Hrs. | TERM 2   | Hrs. |
| ENGL 1101  | 3    | ENGL 1102<br>*PRE-REQ "C" OR BETTER IN ENGL 1101 | 3    |
| MATH 1111 OR 1101  | 3    | PSYC 1101<br>*RECOMMENDED AREA E ELECTIVE        | 3    |
| BIOL 1107K   | 4    | BIOL 1108K                                       | 4    |
| HIST 2111 or 2112  | 3    | PERS XXXX  | 2    |
| PERS XXXX  | 2    | POLS 1101  | 3    |
| Total hours  | 15   | Total hours                                      | 15   |
| <b>Milestones:</b> Overall 2.75 GPA or higher. Accumulate 30 or more collegiate credits. Completion of Georgia Constitution and Georgia History Requirement. |      |  |      |

| YEAR 2  |      |  |      |
|---|------|--|------|
| TERM 3  | Hrs. | TERM 4   | Hrs. |
| ENGL 2111, 2112 or 2113<br>*PRE-REQ "C" OR BETTER IN ENGL 1102  | 3    | BIOL 2652<br>*PRE-REQ "C" OR BETTER IN BIOL 2651 | 4    |
| SOCI 1101<br>*RECOMMENDED AREA E ELECTIVE   | 3    | ACED 2400 or CS 1000                             | 3    |
| BIOL 2651   | 4    | AREA C ELECTIVE                                  | 3    |
| AREA D ELECTIVE   | 3    | MATH 2620<br>*PRE-REQ MATH 1111 OR 1101          | 3    |
|   |      | CHEM 1151K or CHEM 1211/1211L                    | 4    |
| Total hours   | 13   | Total hours                                      | 17   |
| <b>Milestones:</b> Overall 2.75 GPA or higher. Accumulate 60 or more collegiate credits. Apply to the Exercise Physiology program during term 4 of year 2 to begin the Exercise Physiology program during term 5 of year 3. |      |  |      |

| YEAR 3   |      |             |      |
|--|------|-------------|------|
| TERM 5   | Hrs. | TERM 6      | Hrs. |
| HSEP 3020  | 3    | HSEP 3010   | 3    |
| HSEP 3360  | 3    | HSEP 3410   | 3    |
| HSEP 3420  | 3    | HSEP 4070   | 3    |
| HSEP 3430  | 3    | HSEP 4080   | 3    |
| Total hours  | 12   | Total hours | 12   |
| <b>Milestones:</b> C or better in all Exercise Physiology courses. |      |             |      |

| YEAR 4   |      |             |      |                        |      |
|--|------|-------------|------|------------------------|------|
| TERM 7   | Hrs. | TERM 8      | Hrs. | Term 9                 | Hrs. |
| HSEP 3011  | 3    | HSEP 3650   | 3    | HSEP 4550 (internship) | 12   |
| HSEP 3050  | 3    | HSEP 4040   | 3    |                        |      |
| HSEP 3200  | 3    | HSEP 4130   | 3    |                        |      |
| HSEP 4210  | 3    | HSEP 4510   | 3    |                        |      |
| Total hours  | 12   | Total hours | 12   | Total Hours            | 12   |
| <b>Milestones:</b> Apply for graduation during term 7 of year 4. C or better in all Exercise Physiology courses. Completion of Exercise Physiology Internship. |      |             |      |                        |      |



## Academic Map Bachelor of Science in Exercise Physiology

| SAMPLE SCHEDULE<br>Fall, Spring, and Summer Terms  |      |  |      |  |      |
|--|------|--|------|--|------|
| YEAR 1   |      |  |      |  |      |
| TERM 1   | Hrs. | TERM 2   | Hrs. | TERM 3   | Hrs. |
| ENGL 1101  | 3    | ENGL 1102<br>*PRE-REQ "C" OR BETTER IN ENGL 1101 | 3    | SOCI 1101<br>*AREA E RECOMMENDED ELECTIVE        | 3    |
| BIOL 1107K   | 4    | BIOL 1108K                                       | 4    | ENGL 2111<br>*PRE-REQ "C" OR BETTER IN ENGL 1102 | 3    |
| MATH 1111  | 3    | PERS XXXX  | 2    |  |      |
| PERS XXXX  | 2    | MATH 2620<br>*PRE-REQ MATH 1101 OR 1111          | 3    |  |      |
|  |      | HIST 2111 or 2112                                | 3    |  |      |
| Total hours  | 12   | Total hours                                      | 15   | Total hours                                      | 6    |
| <b>Milestones:</b> Overall 2.75 GPA or higher. Accumulate 30 or more collegiate credits. Complete Georgia History requirement.   |      |  |      |  |      |
| YEAR 2   |      |  |      |  |      |
| TERM 1   | Hrs. | TERM 2   | Hrs. |  |      |
| BIOL 2651  | 4    | BIOL 2652<br>*PRE-REQ "C" OR BETTER IN BIOL 2651 |      | 4  |      |
| POLS 1101  | 3    | AREA C ELECTIVE                                  |      | 3  |      |
| ACED 2400 OR CS 1000   | 3    | PSYC 1101<br>*AREA E RECOMMENDED ELECTIVE        |      | 3  |      |
| AREA D ELECTIVE  | 3    | CHEM 1151K or CHEM 1211/1211L                    |      | 4  |      |
| Total hours  | 13   | Total hours                                      |      | 12   |      |
| <b>Milestones:</b> Overall 2.75 GPA or higher. Accumulate 60 or more collegiate credits. Complete Georgia History requirement. Complete Georgia Constitution requirement. Apply to the Exercise Physiology program during term 2 in year 2 to begin the Exercise Physiology program during term 1 of year 3. |      |  |      |  |      |
| YEAR 3   |      |  |      |  |      |
| TERM 1   | Hrs. | TERM 2   | Hrs. |  |      |
| HSEP 3020  | 3    | HSEP 3010  |      | 3  |      |
| HSEP 3360  | 3    | HSEP 3410  |      | 3  |      |
| HSEP 3420  | 3    | HSEP 4070  |      | 3  |      |
| HSEP 3430  | 3    | HSEP 4080  |      | 3  |      |
| Total hours  | 12   | Total hours                                      |      | 12   |      |
| <b>Milestones:</b> Earn a C or better in all Exercise Physiology courses.  |      |  |      |  |      |
| YEAR 4   |      |  |      |  |      |
| TERM 1   | Hrs. | TERM 2   | Hrs. | TERM 3   | Hrs. |
| HSEP 3011  | 3    | HSEP 3650  | 3    | HSEP 4550 (internship)                           | 12   |
| HSEP 3050  | 3    | HSEP 4040  | 3    |  |      |
| HSEP 3200  | 3    | HSEP 4130  | 3    |  |      |
| HSEP 4210  | 3    | HSEP 4510  | 3    |  |      |
| Total hours  | 12   | Total hours                                      | 12   | Total hours                                      | 12   |
| <b>Milestones:</b> Apply for graduation during term 1 in year 4. Earn a C or better in all Exercise Physiology courses. Complete the Exercise Physiology Internship.   |      |  |      |  |      |