

**Exercise Physiology Advising Recommendations for Summer (2009) and Fall Quarter
2009-2010**

1) Summer School Classes

First Summer Session

PESS 141A, 141B, 149, 213, 221A, 263A, 264A, 350, 414, 415, 416 (Closed)

Second Summer Session

PESS 449A (Closed), 449B

Full Term

PESS 490

Other Required classes offered

BIOS 171, 345, 346, CHEM 121, 122, MATH 163A, 263A, SOC 101, HCFN 128,
HLTH 202, PSY 101, 221, 233, (273), 312, 327, 332, PHYS 201, 202

2) Notes of Special Information

- Summer Enrollment limits
- New offerings in the Fall
- PESS 416, 461

3) Summer Practicums and Internships

Internship (PESS 490) - See Dr. Kushnick Now! It is probably already too late for this Summer.

Practicum (PESS 261) - See Dr. Rana.

<http://oak.cats.ohiou.edu/~rana/sharonpage.html>

or Dr. Potkanowicz

<http://oak.cats.ohiou.edu/~potkanow>

You can receive credit for practicum experiences in the Fall for experiences completed in the Summer. However, you must have all contract materials completed before the end of this quarter.

4) Important Course and quarter offerings

- PESS 149 (Fall, Winter, Spring and Summer)
- BIOS 170 (Fall and Winter)
- BIOS 171 (Winter, Spring, Summer)
- PESS 249 (Fall, Winter, Spring and Summer)
- BIOS 301A & B (Fall, Winter, Spring)
- BIOS 345 and 346 (Winter, Spring and Summer)
- PESS 302 (Fall, Winter and Spring)
- PESS 322 (Fall, Winter and Spring)
- PESS 405 (Fall and Winter)
- PESS 414 and 415 (Fall, Spring and Summer)
- PESS 416 (Fall, Winter and Summer)
- PESS 449A & B (Fall, Winter and Summer)
- PESS 460 (Winter and Spring)
- PESS 461 (Fall and Winter)

5) Required classes offered in the Fall

PESS 149, 227, 228, 249, 261, 302, 322, 327A, 328A, 405, 414, 415, 416, 449A, 449B, 461 (Skills - 103, 104, 110, 115, 141B, 218, 221A, 262B, 263A, 263A, 263B)
ANTH 101 and SOC 101
BIOS 170, 301A and 301B
CHEM 121, 123 (150, 151, 153)
HCFN 128
HLTH 202, 217
MATH 163A, 263A, 266A
PHYS 201, (203 for PT school)
PSY 101, 221, 233, (273 for PT school), 312, 327, 332

6) You need a C or above in all major required classes to graduate with a degree in Exercise Physiology. If you move forward without a C or above some departments may not allow you to move backwards in the curriculum (Chemistry, Physics, Biology). Don't expect your advisor to plead your case to these other departments.

7) Retake Limits. Several departments are placing limits on retakes. **DO NOT TAKE CLASSES WITH THE INTENT OF RETAKING THEM.** Focus on doing well the first time and move on. If you exceed a retake limit, don't expect your advisor to plead your case to these other departments. It is time to consider changing your major.

CHEM - Take once and 2 retake limit

BIOS - Take once and 1 retake limit

Exercise Physiology is a fun major leading to several professional options for graduates, however, it is not an easy major. If you experience problems in the core science courses, it typically gets worse as you move forward in the major. In this situation you should consider changing your major before you are forced to in your Junior or Senior year!

8) Advising recommendations for each year

Sophomore

1) In your sophomore year you need to complete the Biology 170 series.

- You need to take BIOS 170 in the Fall or in the Winter of this year.

- Take BIOS 170 in the Fall if possible.

2) If you did not take your CHEM or PHYS series as a freshman you need to start one of them in your sophomore year. If you started one of them in your freshman year you need to complete it now. If you already completed the CHEM or PHYS series in your freshman year, it is recommended that you complete the other in your sophomore year.

- Take CHEM 121 or 151 or PHYS 201

3) Continue to complete the other courses in the Pre Major:

- Take PESS 149, 249, and MATH 163A

- Remember to apply to be admitted into the major at the beginning of the quarter after you have completed all of your pre major requirements

4) Take Courses to complete your Tier I and II requirements

- ANTH 101 or SOC 101, HCFN 128, HLTH 202

5) You can take other required related courses. (Several options)

- 6) Take Skills classes (if you have been admitted into the major, you must have one in each of the three categories)
- 7) You have time for some electives

Junior

- 1) Complete any Sophomore recommendations not yet completed.
- 2) In your junior year you need to complete the Anatomy, Physiology and Exercise Physiology Series (BIOS 301A & B, BIOS 345 and 346, PESS 414 and 415)
 - In the Fall quarter you need to take BIOS 301A and B.
 - If BIOS 301A and B fill up you can take them in the Winter and still be on track.
- 3) You can take Biomechanics (and Applied Kinesiology) this year, after completing Anatomy.
- 4) Continue to complete your Tier I and II requirements (you can now take your Junior Composition class)
- 5) Continue to take Skills classes (you must have one in each of the three categories)
- 6) You have time for some electives

Senior

- 1) If you did not complete Exercise Physiology (PESS 414 and 415) last spring this is your last chance to take it and still graduate on schedule.
- 2) You need to take PESS 405 Fall or Winter quarter.
- 3) You need to take PESS 449A and B in the Fall or Winter quarter after Exercise Physiology (PESS 414/415) is completed.
- 4) You need to take 416 in the Fall or Winter quarter with or after Exercise Physiology is completed.
- 5) PESS 449B is a Tier III equivalent course. You don't need to take a Tier III course.
- 6) PESS 460 or 461 can be taken after PESS 414 and 415 is completed.
- 7) You need to complete skills requirements (you must have one in each of the three categories).
- 8) You have time for some electives.