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Exercise Physiology Pre-Major 2005-2006

You must complete the following 10 required courses (grade of C or higher in each), and an overall cumulative g.p.a. of 2.0 or higher to be admitted into the Exercise Physiology major:

BIOS 170 & 171	Introduction to Zoology
CHEM 121-123	Principles of Chemistry
Or 151-153	Fundamentals of Chemistry
MATH 163A	Intro to Calculus
Or MATH 263A	Calculus
Or MATH 266A	Calculus with applications to Biology
PESS 149 (PESS 125 & 203)	Introduction to Exercise Science
PESS 249 (PESS 348)	Exercise Testing and Prescription
PHYS 201	Introduction to Physics

Upon successful completion of these requirements, students must seek admission into the program (see catalog for details).

Exercise Physiology Major

The courses in the Major must be completed with a “C” or better grade and cannot be taken more than three times (initial registration, plus 2 retakes).

Exercise Physiology Major Core

BIOS 301A and B	Human Anatomy (A) and Lab (B)
BIOS 345	Human Physiology
BIOS 346	Human Physiology Lab
PESS 261	Practicum in Sport Science
(note: may take it for 1 hr each for a total of 5 hrs)	
PESS 302	Biomechanics
Or BIOS 352	Biomechanics
PESS 405	Motor Learning
PESS 414	Physiology of Exercise
PESS 415	Physiology of Exercise Lab
PESS 416	Resistance Training
PESS 449A (PESS 448)	Cardiovascular Assessments
PESS 449B	Exercise and Special Populations (T3 equivalent)

Required Related Courses

ANTH 101	Intro to Cultural Anthropology
Or SOC 101	Intro to Sociology
HCFN 128	Introduction to Nutrition
HLTH 202	Introduction to Health and Lifestyle choices
PESS 227	First Aid; Work Place Training
PESS 228	Cardiopulmonary Resuscitation
PSY 101	General Psychology
PSY 221	Statistics for Behavioral Sciences
PHYS 202	Introduction to Physics

Select one the following courses:

HLTH 217	Introduction to Health Care Organizations
PESS 213	Youth and Sports
PESS 313	Sport Club Management
PESS 327	First Aid: Workplace Training Instructor
PESS 328	CPR Instructor
PESS 421	Principles of Aging and Physical Activity
PESS 493	Research Dynamics

Select one of the following courses:

PSY 233	Psychology of Personality
PSY 312	Physiological Psychology
PSY 327	Human Psychophysiology
PSY 332	Abnormal Psychology

New Electives for seniors:

PESS 322	Applied Kinesiology
PESS 460	Special Topic in Exercise Physiology
PESS 461	Advanced Topics in Exercise Performance

Skill Development

You must complete 10 hours with a minimum of 2 hours in each of the three categories.

Aquatics (2 hours minimum)

PESS 103	Beginning Swimming
PESS 104	Intermediate Swimming
PESS 110	Aqua Aerobics
PESS 218	Life Guard Training
PESS 220	Water Safety Instructor

Sport Activities (2 hours minimum)

PESS 223	Track and Field
PESS 224B	Wrestling
PESS 260A	Flag Football
PESS 260B	Team Handball
PESS 262A	Field Hockey
PESS 262B	Soccer
PESS 264B	Lacrosse

Lifetime Activities (2 hours minimum)

PESS 107	Modern Dance
PESS 115	Rhythmics
PESS 116	Social Forms of Dance
PESS 117	Folk and Square Dance
PESS 141A	Archery
PESS 141B	Golf
PESS 221A	Tennis
PESS 221B	Badminton
PESS 224A	Racquetball
PESS 263A	Basketball
PESS 263B	Volleyball
PESS 264A	Softball

Sport Sciences Exercise Physiology - Advising Sheet
4 year plan

Freshman year -

- 1) Chemistry or Physics (complete one series in your freshman year)
- 2) Take courses from the Pre-major list
(PESS 149, 249)
- 3) Tier I math (MATH 163A, 263A or 266A) and English
- 4) Tier II Courses (from Major requirements)
(ANTH 101 or SOC 101, HCFN 128, HLTH 202, PSY 101)
- 5) Other major requirements without prerequisites
(PESS 227, PESS 228)
- 6) Electives
- 7) Basic Biology (BIOS 170, 171)

Sophomore year -

- 1) Chemistry or Physics (complete the series not taken in your freshman year)
- 2) BIOS 170 and 171 (you must complete this series this year to stay on track)
- 3) Complete other courses in the Pre-Major that were not completed last year
- 4) PESS 249
- 5) Electives
- 6) BIOS 301A and 301B, PESS 322, PESS 302, BIOS 345 & 346, PESS 414 & 415
(Anatomy, Physiology, Exercise Physiology series, plus applied kinesiology and biomechanics)

Upon successful completion of the Pre-Major requirements, students must seek admission into the program (see catalog for details).

Junior year -

- 1) BIOS 301A and 301 B, PESS 302, BIOS 345 & 346, PESS 414 & 415
(Anatomy, Physiology, Exercise Physiology series, and biomechanics)
- 2) Junior Composition
- 3) Complete Required Related Courses
- 4) Skills
- 5) PESS 261 (Practicum)
- 6) Electives

Senior year -

- 1) PESS 322, 302, 405 (Motor Learning), 416 (Resistance Training),
449A (Cardiovascular Assessments), 449B (Exercise and Special populations)
- 2) Skills
- 3) All remaining Required Related Courses
- 4) Internship (PESS 490)
- 5) Electives (PESS 460, 461)

Course Sequences:

Freshman year

Intro to Exercise Science
PESS 149 (F, W, S)



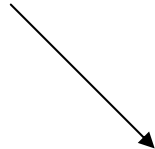
Sophomore year

Basic Biology
(BIOS 170 F, W & 171 W, S)

Fitness Testing and Prescription
PESS 249 (F, S, Su)



Anatomy (BIOS 301 A and B, F, W)



Human Physiology
(BIOS 345 & 346, W, S)

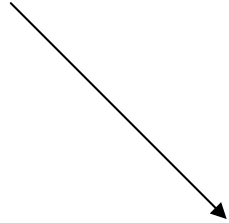
Biomechanics
(PESS 302, F, W, S)
(best after Human Phys)

Junior year

Exercise Physiology
(PESS 414, 415, F, S, Su)



Resistance Training
(PESS 416, W, Su)



PESS 449 A and B
(F,W,Su)

Senior Year
(F,W,Su)

Internship (PESS 490, could be done any quarter, but Spring is open for this course)
(Highly recommended but not required (Jobs))