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#### Exercise Physiology Pre-Major, 2009-2010

You must complete the following 9 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	Intro to Exercise Science
PESS 249	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). Only 1 retake in all BIOS classes.

#### Exercise Physiology Major Core

BIOS 301A & B	Human Anatomy
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 322	Applied Kinesiology
PESS 405	Motor Learning
PESS 414	Physiology of Exercise
PESS 415	Physiology of Exercise Lab
PESS 416	Resistance Training
PESS 449A	Cardiovascular Assessments
PESS 449B	Exercise Prescription for Special Populations

Select one of the following:

PESS 460

PESS 461

Special Topic in Exercise Physiology

Advanced Topics in Exercise Performance

Required Related Courses

ANTH 101

Or SOC 101

HCFN 128

HLTH 202

PESS 227

PESS 228

PSY 101

PSY 221

PHYS 202

Intro to Cultural Anthropology

Intro to Sociology

Introduction to Nutrition

Introduction to Health and Lifestyle choices

First Aid; Work Place Training

Cardiopulmonary Resuscitation

General Psychology

Statistics for Behavioral Sciences

Introduction to Physics

Select one the following:

HLTH 217

PESS 213

PESS 313

PESS 327

PESS 328

PESS 421

PESS 493

Introduction to Health Care Organizations

Youth and Sports

Sport Club Management

First Aid: Workplace Training Instructor

CPR Instructor

Principles of Aging and Physical Activity

Research Dynamics

Select one of the following courses:

PSY 233

PSY 312

PSY 327

PSY 332

Psychology of Personality

Physiological Psychology

Human Psychophysiology

Abnormal Psychology

### Skill Development

You must complete 6 hours with a minimum of 2 hours required 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&B, BIOS 345 & 346, PESS 414 & 415 (Anatomy, Physiology, Exercise Physiology series)

Upon successful completion of the Pre-Major requirements, students must seek admission into the program (see on school WEB page).

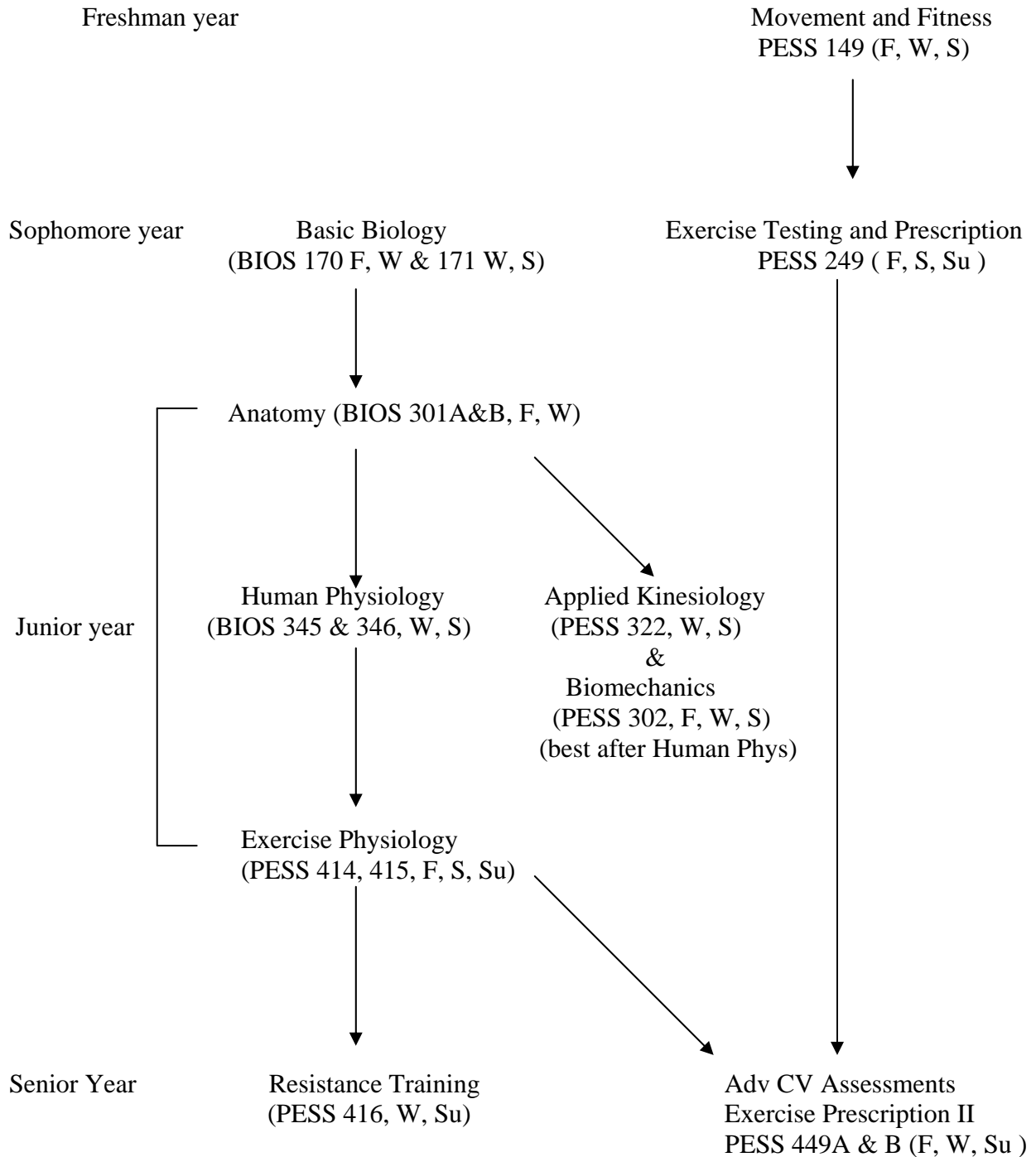
Junior year -

- 1) BIOS 301A & B, BIOS 345 & 346, PESS 414 & 415 (Anatomy, Physiology, Exercise Physiology series)
- 2) Junior Composition
- 3) Complete Required Related Courses
- 4) Skills
- 5) PESS 302 (Biomechanics), PESS 322 (Applied Kinesiology) PESS 261 (Practicum)
- 6) Electives

Senior year -

- 1) PESS 302, 322, 405 (Motor Learning), 416 (Resistance Training),  
449A&B (CV Assessments and Exercise Prescription II)
- 2) PESS 460 or PESS 461
- 3) All remaining Required Related Courses
- 4) Skills
- 5) Internship (PESS 490)
- 6) Electives

**Course Sequences:**



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