

Health Fitness Instructor

B.S. Exercise Science / Physical Education

First Year		
UNI 101	Introduction to University Life	0
BIO 100	Biological Science	3
BIO 100L	Biological Science Lab	1
CHM 215	Chemistry	3
CHM 215L	Chemistry Lab	1
	HIS 100 or HIS 101, HIS 102,	
	HIS 103	3
EXS 170	Introduction to Exercise Science 3	
ENG 101	Communication Skills I	3
ENG 102	Communication Skills II	3
HED 170	Personal & Community Health	3
MTH 153	College Algebra & Trigonometry 3	
SOC 101 Introduction to Social Science		3
PED 133 or PED 134		
	Swimming	1
EXS 265	Therapeutic Exercises and	
	Sports I	2
EXS 266	Therapeutic Exercises and	
	Sports II	2
TOTAL		34 cr. hrs.
Second Year		
CSC 150	Computer Concepts and	
	Applications or CLM 165, BAD	

	184, FIA 180, TED 170	3
HUM 210	Humanities I or MUS 301/234,	
	FIA 201/207	3
HUM 211	Humanities II or ENG 207/383	3
PHY 152	General Physics	3
PHY 152L	General Physics Lab	1
PED 287	Anatomy & Physiology I	3
PED 287L	Anatomy & Physiology I Lab	1
PSY 210	Introduction to Psychology	3
EXS 237	Care and Prevention of Athletic	
	Injuries (Internship hours 100	
	Orthopedics)	3
HIM 120	Medical Terminology	3
PED 288	Anatomy & Physiology II	3
PED 288L	Anatomy & Physiology II Lab	1
PSY 228	Human Growth and Development	
	(Internship hours 100	
	Pediatrics)	3
TOTAL	33 cr. hrs.	
Third Year		
EXS 355	Anatomical Kinesiology	3
EXS 356	Biomechanics of Human Motion	
	(Internship hours 100	
	Orthopedics)	3
PSY 280	Abnormal Psychology	
	(Internship hours 100	
	Psychiatry)	3

PED 365	Adapted Physical Education	3
EXS 357	Organization & Administration in	
	Exercise Science	3
FSN 110	Nutrition for the Life Cycle	3
SCM 285	Principles of Speech	3
EXS 447	Exercise Physiology	3
EXS 447L	Exercise Physiology Lab	1
EXS 369	Research Methods and Statistical	
	Evaluation	3
PED 179	First Aid	2
PSY 380	Physiology Psychology	3
TOTAL		3 cr. hrs.
Fourth Year		
EXS 430	Neurological and Pathological	
	Foundations in Exercise	
	Science	3
EXS 387	Clinical Kinesiology I	3
EXS 388	Clinical Kinesiology II	3
EXS 445	Therapeutic Modalities	3
PED 450	Motor Learning	3
EXS 363	Clinical Aspects of Aging	
	(Internship hours 100 Geriatric)	2
EXS 493C	Clinical Internship	
	(200 hours Cardiac)	6
EXS 493D	Clinical Internship	
	(200 hours Clinical	
	Specialization)	6

	(Total 1000 hours)	
TOTAL		29 cr. hrs.
TOTAL CURRICULUM HOURS		
129 cr hrs		
NOTE: STUDENTS MUST PASS PRAXIS I,		
FOR ENTRANCE INTO THE TEACHER EDUCATION PROGRAM. STUDENTS		
MUST PASS PRAXIS II AND THE VIRGINIA COMMUNICATION AND LITERACY		
ASSESSMENT TO EXIT THE PROGRAM (EXE/HPE).		