

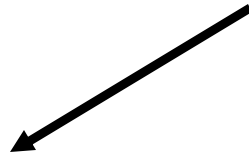
# Concordia University Wisconsin

## Exercise Physiology Majors

Revised Curriculum 2005

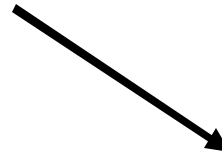
BIO 280/281 Human A & P w/lab	8 cr
HHP 120 <u>or</u> 130 Weight Training	1 cr
HHP 171 Intro to Ex Science	1 cr
MATH 205 Statistics	3 cr
HHP 209 CPR & First Aid	2 cr
HHP 280 Psychology of Sport	3 cr
BIO 285 Pathophysiology	3 cr
HHP 342 Nutrition for Health & Performance	3 cr
PHIL 350 Bioethical dilemmas	3 cr
HHP 371 Exercise Physiology I	3 cr
HHP 373 Motor Development	3 cr
HHP 375 Biomechanics	3 cr
HHP 442 Exercise Testing & Prescription	4 cr
HHP 471 Adv. Exercise Physiology	4 cr
HHP 475 Seminar in Exercise Physiology	2 cr
HHP 480 Program Design/Resistance Training	3 cr
HHP 494 Exercise & Chronic Disease	3 cr
HHP 495 Senior Seminar	3 cr
and/or	
HHP 460 Internship	<u>3-6</u>
Total..... 55 (58-61)	

Required  
courses for  
ALL  
Exercise  
Physiology  
majors



### Pre PT Exercise Physiology

Chem 210/213 (8)
Physics 151/152 (8)
BIO 470 Human Phys (4)
Electives.....3-9 cr



### Exercise Physiology

CHEM 205 (Chem/hlthcare) (4)
PHYS 121 Elem. Physics (4)
RSC 307 Health Promotion (3)
HHP 408 Pharmacology & Ergogenic Aids
Electives.....9-15 cr

Although not required, it is recommended that all Exercise Physiology majors give strong consideration to taking the Pre PT route even if not choosing to pursue a PT career.

### **Total credits in major**

Pre PT Ex Phys: 83 (86-89 if adding HHP 460)      Ex Phys: 81 (84 if adding HHP 495)

Note: Non Pre PT Exercise Physiology majors should consider taking six credits of HHP 460 and have the option of taking HHP 495 in addition (recommended).

Exercise Physiology (PrePT majors) may take either HHP 460 or HHP 495, or may take both (HHP 495 strongly recommended).

Electives:      PSY 230 Lifespan Development  
                    RSC 310 Culture in Rehabilitation  
                    RSC 307 Health Promotion in Rehabilitation  
                    HHP 408 Pharmacology & Ergogenic Aids  
                    BIO 425 Biochemistry  
                    PSY 425 Abnormal Psychology

Note: It is highly recommended that all Ex Phys majors take as many “science” courses as possible (i.e. Chem 210/213, BIO 470, etc)

### **Gen Eds**

Common Core	15 credits
Narrative Core	12 credits
Elective Core	21 credits
Total Gen Eds	48 cr (reduced by 7 credits due to Ex Phys students taking lab courses and Math 205 which count as gen eds also)

**Total Credits in Exercise Physiology Major      126-137**