

Exercise Science, BS

Academic Plans

Four-Year Graduation Plan

The following checkpoints list the minimum requirements students must complete by certain semesters in order to stay on the university's Four-Year Graduation Plan. Courses in the major are those required to complete the major; they may be offered by departments other than the major department.

Before the fifth semester begins: one foundation course and at least six more courses in the major.

Before the seventh semester begins: at least six more courses in the major (total of 13) and at least 90 s.h. earned toward the degree.

Before the eighth semester begins: at least two more courses in the major (total of 15).

During the eighth semester: enrollment in all remaining coursework in the major, all remaining GE CLAS Core courses, and a sufficient number of semester hours to graduate.

Sample Plan of Study

Sample plans represent one way to complete a program of study. Actual course selection and sequence will vary and should be discussed with an academic advisor. For additional sample plans, see MyUI.

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Course	Title	Hours
Academic Career		
Any Semester		
GE CLAS Core: Sustainability ^a		
Hours		0
First Year		
Fall		
CHEM:1070 or CHEM:1110	General Chemistry I ^b or Principles of Chemistry I	3 - 4
ENGL:1200 or RHET:1030	The Interpretation of Literature or Rhetoric: Writing and Communication	3 - 4
GE CLAS Core: Understanding Cultural Perspectives ^c		3
GE CLAS Core: Social Sciences ^c		3
CSI:1600	Success at Iowa	1
Elective course ^d		2
Hours		15-17
Spring		
CHEM:1080 or CHEM:1120	General Chemistry II or Principles of Chemistry II	3 - 4
HHP:2200	Physical Activity and Health	3
ENGL:1200 or RHET:1030	The Interpretation of Literature or Rhetoric: Writing and Communication	3 - 4
GE CLAS Core: Values and Society ^c		3
Elective course ^d		3
Hours		15-17

Second Year

Fall

HHP:2310	Nutrition and Health	3
BIOL:1411 or BIOL:1141 or BIOL:1140	Foundations of Biology or Human Biology: Health Professions or Human Biology: Nonmajors	4
Major: math/statistics foundation course ^{e, f}		3
GE CLAS Core: Historical Perspectives ^c		3
GE CLAS Core: World Languages First Level Proficiency or elective course ^g		4 - 5

Hours 17-18

Spring

HHP:2100	Human Anatomy	3
HHP:3045	Physical Activity Psychology	3
GE CLAS Core: International and Global Issues ^c		3
GE CLAS Core: World Languages Second Level Proficiency or elective course ^g		4 - 5
Elective course ^d		2

Hours 15-16

Third Year

Fall

HHP:2350	Biomechanics of Sport and Physical Activity	3
HHP:2400	Fundamentals of Human Physiology	3
GE CLAS Core: Literary, Visual, and Performing Arts ^c		3
GE CLAS Core: World Languages Third Level Proficiency or elective course ^g		4 - 5
Elective course ^d		2

Hours 15-16

Spring

HHP:3400	Applied Exercise Physiology	3
HHP:4310	Sport and Exercise Nutrition	3
GE CLAS Core: Quantitative or Formal Reasoning (if not met by major math/statistics foundation course)		3
GE CLAS Core: World Languages Fourth Level Proficiency or elective course ^g		4 - 5
Elective course ^d		2

Hours 15-16

Fourth Year

Fall

HHP:4200	Metabolic Exercise Testing and Prescription	4
Major: elective course ^h		3
Elective course ^d		3
Elective course ^d		3
Elective course ^d		2

Hours 15

Spring

HHP:4210	Musculoskeletal Exercise Testing and Prescription	4
Major: elective course ^h		3
Elective course ^d		3
Elective course ^d		3
Elective course ^d		2

Degree Application: apply on MyUI before deadline (typically in February for spring, September for fall) ⁱ

Hours	15
Total Hours	122-130

- a Sustainability must be completed by choosing a course that has been approved for Sustainability AND for one of these General Education areas: Natural Sciences; Quantitative and Formal Reasoning; Social Sciences; Historical Perspectives; International and Global Issues; Literary, Visual, and Performing Arts; or Values and Society.
- b Course not required before CHEM:1080 if student has completed high school chemistry.
- c GE CLAS Core courses may be completed in any order unless used as a prerequisite for another course. Students should consult with an advisor about the best sequencing of courses.
- d Students may use elective courses to earn credit towards the total s.h. required for graduation or to complete a double major, minors, or certificates.
- e See the General Catalog for list of approved courses.
- f Fulfills a major requirement and may fulfill a GE requirement.
- g Students who have completed four levels of a single language or two levels of two different languages in high school or college have satisfied the GE CLAS Core World Languages requirement. Students who have completed three levels of a single language may complete a fourth-level course in the same language or may choose an approved World Language and Cultural Exploration course. Enrollment in world languages courses requires a placement exam, unless enrolling in a first-semester-level course. Contact your academic advisor or CLAS Undergraduate Programs Office with questions concerning the World Languages requirement.
- h Students must complete at least 6 s.h. of additional health and human physiology courses (prefix HHP) numbered 2000 or above.
- i Please see Academic Calendar, Office of the Registrar website for current degree application deadlines. Students should apply for a degree for the session in which all requirements will be met. For any questions on appropriate timing, contact your academic advisor or Degree Services.