

# 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.

### Exercise Science, BS

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

### Second Year

#### Fall

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

**Hours 17-18**

#### Spring

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

**Hours 15-16**

### Fourth Year

#### Fall

HHP:4200	Metabolic Exercise Testing and Prescription	4
Major: elective course <sup>h</sup>		3
Elective course <sup>d</sup>		3
Elective course <sup>d</sup>		3
Elective course <sup>d</sup>		2

**Hours 15**

#### Spring

HHP:4210	Musculoskeletal Exercise Testing and Prescription	4
Major: elective course <sup>h</sup>		3
Elective course <sup>d</sup>		3
Elective course <sup>d</sup>		3
Elective course <sup>d</sup>		2

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

<b>Hours</b>	<b>15</b>
<b>Total Hours</b>	<b>122-130</b>

- 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 or 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, on 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.