

EXERCISE SCIENCE

Program Certificate Checklist

- Fulfill the College Degree Requirements in conjunction with this degree plan.
- Consult an Academic Advisor to ensure all academic requirements are met.

Summary

Total Credits 16

Degree Plan

Prescribed Program

HPER 100	Concepts of Fitness and Wellness	2
HPER 101	Activity: Introductory Level	1
HPER 197	Cooperative Education/Internship (Exercise Science)	2
HPER 202	Activity: Intermediate Level (Strength & Conditioning I)	1
HPER 202	Activity: Intermediate Level (Introduction to Fitness Testing)	1
HPER 217	Personal and Community Health	3
HPER 220	Introduction to Exercise Science	3
NUTR 240	Principles of Nutrition	3
Total Credits		16