

**MY DEGREE MAP  
COLLEGE OF HEALTH AND HUMAN SERVICES RECOMMENDED ACADEMIC PLAN  
EXERCISE SCIENCE PROGRAM-WELLNESS AND FITNESS CONCENTRATION  
PROGRAM YEAR 2023-24**

<b>1ST YEAR</b>					
1ST SEMESTER	HRS	2ND SEMESTER	HRS	SUMMER SEMESTER	
TROY 1101	1	ENG 1102/04	3	SELECT COURSES THAT HAVE NOT BEEN COMPLETED FROM PREVIOUS 2 SEMESTERS OR COURSES SUCH AS PREREQUISITE COURSES OR COURSES TO BE RETAKEN	
ENG 1101/03	3	BIO 1101/L101 OR APPROVED COURSE	3/1		
MTH 1112	3	CHM 1142/L142	3/1		
BIO 1100/L100	3/1	APPROVED ELEC COURSE	2		
AREA II FINE ARTS COURSE	3	AREA IV HIS COURSE	3		
TOTAL	14	TOTAL	16		
<b>2ND YEAR</b>					
3RD SEMESTER	HRS	4TH SEMESTER	HRS	SUMMER SEMESTER	
KHP 3360	3	AREA IV SS COURSE	3	SELECT COURSES THAT HAVE NOT BEEN COMPLETED FROM PREVIOUS 2 SEMESTERS OR COURSES SUCH AS PREREQUISITE COURSES OR COURSES TO BE RETAKEN	
AREA II LIT COURSE	3	KHP 3350	3		
BIO 2220	3	IS 2241	3		
AREA II HUM/FA COURSE	3	BIO 3347/L347	3/1		
KHP 1142	1	KHP ACTIVITY COURSE	1		
KHP 3345	1				
TOTAL	15	TOTAL	14		
<b>3RD YEAR</b>					
5TH SEMESTER	HRS	6TH SEMESTER	HRS	SUMMER SEMESTER	HRS
AREA IV SS COURSE	3	KHP 3395	2	KHP 4405	3
BIO 3348/L348	3/1	KHP 4474/L474	3/1		
AREA II HUM/FA COURSE (LIT COURSE DR)	3	KHP 3352	3		
KHP 2211	3	KHP 4425	3		
KHP 3391	3	KHP 4460/L460	3/1		
TOTAL	16	TOTAL	16		
<b>4TH YEAR</b>					
7TH SEMESTER	HRS	8TH SEMESTER	HRS	SUMMER SEMESTER	
KHP 4475	3	KHP 4476	2		
KHP 4496/L496	3/1	KHP 4488	3		
AT 3394	1	KHP 4459	3		
KHP 2202	2	KHP 4495	3		
AREA IV SS COURSE	3	KHP 4497	1		
		KHP 4487	2		
TOTAL	13	TOTAL	14		
<b>5TH YEAR</b>					
9TH SEMESTER		HRS			
KHP 4498	3				
TOTAL	3				
MINIMUM HOURS REQUIRED FOR DEGREE				123	

**COMPLETE ALL 6 SUB-REQUIREMENTS**

**(63 HOURS)**

**A. AREA I:**

TAKE THE FOLLOWING COURSES:

MINIMUM GRADE OF "C" REQUIRED

ENG 1101	COMP AND MODERN ENGLISH I	3 HOURS
ENG 1102	COMP AND MODERN ENGLISH II	3 HOURS

**B. AREA II:**

TAKE ANY 1000-2000 LEVEL COURSE IN LITERATURE	3 HOURS
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TAKE ANY 1000-2000 LEVEL COURSE WITH AN EXPANDED HISTORICAL AND CULTURAL SCOPE IN FINE ARTS, INCLUDING THE DISCIPLINES OF ART, MUSIC, THEATRE, FILM, OR OTHER FINE ARTS AREA.	3 HOURS
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TAKE ANY TWO 1000-2000 LEVEL COURSES WITH AN EXPANDED HISTORICAL AND CULTURAL SCOPE IN THE HUMANITIES/FINE ARTS DISCIPLINES, INCLUDING ENGLISH, FOREIGN LANGUAGES, RELIGION, PHILOSOPHY, CLASSICS, THEATRE, MUSIC, DANCE, COMMUNICATION, SIGN LANGUAGE, INTERDISCIPLINARY STUDIES, OR OTHER HUMANITIES/FINE ARTS AREAS.	6 HOURS
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**C. AREA III:**

TAKE THE FOLLOWING COURSES:

TAKE BIO 1100/L100 PRINCIPLES OF BIOLOGY W/LAB	3/1 HOURS
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CHM 1142/L142 GENERAL CHEMISTRY I W/LAB	3/1 HOURS
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TAKE MTH 1112 OR HIGHER ("C" OR BETTER)	3 HOURS
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**D. AREA IV:**

TAKE ANY 1000-2000 LEVEL COURSE WITH A PRIMARY FOCUS IN HISTORY.	3 HOURS
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TAKE ANY THREE COURSES FROM THE FOLLOWING: ANT 2200, ECO 2251, ECO 2252, GEO 2210, HIS 1101, HIS 1102, HIS 1111, HIS 1112, HIS 1122, HIS 1123, POL 2241, POL 2260, PSY 2200, PSY 2210, OR SOC 2275.	9 HOURS
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**E. AREA V:**

TAKE THE FOLLOWING COURSES:

MINIMUM GRADE OF C REQUIRED

IS 2241	COMPUTER CONCEPTS & APPLICATIONS	3 HOURS
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TROY 1101	THE UNIVERSITY EXPERIENCE	1 HOUR
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KHP 1142	BEGINNING WEIGHT TRAINING (F, SP, SUM)	1 HOUR
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TAKE KHP 2242 OR ANY 1000/2000 LEVEL KHP ACTIVITY COURSE	1 HOUR
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BIO 2220	PRINCIPLES OF CELL BIOLOGY	3 HOURS
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KHP 2202	FIRST AID, SAFETY, CPR (F, SP, SUM)	2 HOURS
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KHP 2211	HUMAN NUTRITION (F, SP, SUM)	3 HOURS
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KHP 3391	TESTING AND STATISTICAL INTERPRETATION (F, SP)	3 HOURS
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KHP 3345	MEDICAL TERMINOLOGY	1 HOUR
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TAKE ONE OF THE FOLLOWING COMBINATIONS

BIO 1101/L101	ORGANISMAL BIOLOGY/LAB	3/1 HOURS
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KHP 2240	PERSONAL & COMMUNITY HEALTH (F, SP, SUM)	3 HOURS
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KHP 2200	HEALTH CONCEPTS (F, SP, SUM)	1 HOUR
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**EXERCISE SCIENCE PROGRAM**

**(40 HOURS)**

MINIMUM 2.0 OVERALL GPA REQUIRED

TAKE THE FOLLOWING COURSES:

KHP 4425	PATHOPHYSIOLOGY (F, SP, SUM)	3 HOURS
BIO 3347/L347	HUMAN ANATOMY & PHYSIOLOGY I/LAB	3/1 HOURS
BIO 3348/L348	HUMAN ANATOMY & PHYSIOLOGY II/LAB	3/1 HOURS
KHP 3352	KINESIOLOGY (F, SP, SUM)	3 HOURS
KHP 4459	SPORT & EXERCISE NUTRITION (F, SP, SUM)	3 HOURS
KHP 4474/L474	EXERCISE PHYSIOLOGY/LAB (F, SP, SUM)	3/1 HOURS
KHP 4475	EXERCISE TEST & PRESCRIPTION (F, SP, SUM)	3 HOURS
KHP 4476	LAB PRACTICUM EXERCISE PERFORMANCE (F, SP, SUM)	2 HOURS
KHP 4488	CARDIOVASCULAR PHYSIOLOGY (F, SP, SUM)	3 HOURS
KHP 4495	ADVANCED EXERCISE PHYSIOLOGY (F, SP, SUM)	3 HOURS
KHP 4496/L496	BIOMECHANICS/LAB (F, SP)	3/1 HOURS
KHP 4497	SENIOR SEMINAR IN EXERCISE (F, SP)	1 HOUR
KHP 4498	INTERNSHIP IN EXERCISE SCIENCE (F, SP, SUM)	3 HOURS

**WELLNESS AND FITNESS CONCENTRATION**

**(18 HOURS)**

TAKE THE FOLLOWING COURSES:

AT 3394	LIFTING TECHNIQUES (F)	1 HOUR
KHP 3350	PSYCHOLOGY OF WELLNESS (F, SP, SUM)	3 HOURS
KHP 3360	PHYSIOLOGICAL PRINCIPLES OF BODY SYSTEMS (F, SP, SUM)	3 HOURS
KHP 3395	CARE & PREVENTION OF ATHLETIC INJURY (SP, SUM)	2 HOURS
KHP 4405	PHYSICAL ACTIVITY AND DISEASE PREVENTION (SUM ONLY)	3 HOURS
KHP 4460/L460	PRINCIPLES OF STRENGTH AND CONDITIONING (F, SP)	3/1 HOURS
KHP 4487	SPECIAL TOPICS IN EXERCISE PERFORMANCE (SP)	2 HOURS

**ADVISOR APPROVED ELECTIVES**

**(2 HOURS)**

TAKE 2 SEMESTER HOURS OF ADVISOR APPROVED ELECTIVE CREDIT.  
(MINIMUM GRADE OF "C" REQUIRED)

2 HOURS