

CENTRAL CONNECTICUT STATE UNIVERSITY

School of Education and Professional Studies

B.S. PHYSICAL EDUCATION: EXERCISE SCIENCE & HEALTH PROMOTION

(non-teacher certification program) 122 Credits

Name: _____ ID#: _____ Matriculation Semester: _____ Date: _____

GENERAL EDUCATION (44 - 45 credits)

Crs.	Grd.
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STUDY AREAS

Study Area I Arts & Humanities (9 credits)

Course	Crs.	Grd.
ENG literature	3	
	3	
	3	

Study Area II Social Sciences (9 credits)

Course	Crs.	Grd.
HIST 161 Am His to 1877 or HIST 162 Am His 1877 to present	3	
	3	
	3	

Study Area III Behavioral Sciences (6 credits)

Course	Crs.	Grd.
PSY 236 Life Span Development	3	
PSY 112 (a prerequisite for PE 311)	3	

Study Area IV Natural Sciences (6 credits)

Course	Crs.	Grd.
BIO 111(Intro) or BMS 111(Cells/Hum Body) or BIO 121(Gen Bio)	3	
CHEM 111(Intro) or 150(Allied Hlth I) or [161 AND 162](Gen Chem I)	3	

SKILL AREAS

Skill Area I Communication Skills (6 credits)

Course	Crs.	Grd.
ENG 110 Freshman Composition	3	
COMM 140 Public Speaking	3	

Skill Area II Mathematics Requirement (6 credits)

Course	Crs.	Grd.
STAT 104 Elementary Statistics	3	
	3	

Skill Area III Foreign Language Proficiency Requirement (check one)

- 3 sequential years of one foreign language at the high school level	
- passed a standardized foreign language exam	
- completion of 112 or 114 foreign language course	
- successful completion of an upper level foreign language course	
- demonstration of native proficiency in a language other than English	

Skill Area IV University Requirement (2 or 3 credits)

PE 144 required for students matriculating with fewer than 15 credits	2 or 3
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RELATED REQUIREMENTS (3 or 6 credits)

Course	Crs.	Grd.
PHYS 111 Introductory Physics (includes lab)	3	
CS 115 Workshop in computer Science (may be used in Skill Area IV for students entering with more than 15 credits)	3	

EXERCISE SCIENCE & HEALTH PROMOTION MAJOR (67 credits)

LECTURE COURSES (61 credits)

Course	Crs.	Grd.
EXS 110 Concepts in Health and Fitness	3	
EXS 113 Introduction to Exercise Science	3	
EXS 207 A & P in EXSI (Bio111 or 112 or BMS 102 or 111)	4	
EXS 208 A & P in EXSII (Bio 111 or 112 or BMS 102 or 111, CHEM111 or 150 or {161/162})	4	
EXS 215 Physiology & Human Perf. of the Aging (EXS 208)	3	
EXS 216 Kinesiology (PHYS 111, EXS 214 or EXS 207 & 208)	3	
EXS 217 Care and Treatment of Athletic Injuries (EXS 207)	3	
EXS 307 Human Nutrition (CHEM 111 or 150 or {161/162})	3	
EXS 311 Stress Management (PSY 112)	3	
EXS 331 Measurement & Evaluation in EXS (STAT 104)	3	
EXS 376 Theories of Strength Train. & Cond.(EXS 207, 208, 275)	2	
*EXS 408 Physiology of Sport and Exercise (EXS 207, 208, 307)	3	
*EXS 409 Clinical Exercise Physiology (EXS 408)	3	
*EXS 415 Fitness Assess. & Ex. Prescrip. (EXS 307, 331, 408)	3	
*EXS 416 Graded Exercise Testing (EXS 408)	3	
*EXS 421 Pharmacology in Sports Medicine (EXS 307)	3	
*EXS 425 Implem. & Eval. of Hlth Promo. Prog. (EXS 307, 408)	3	
*EXS 450 Practicum in Exercise Science (EXS 415, 416)	3	
*EXS 470 Internship in EXS (EXS 450)	6	

SKILL COURSES (6 credits)

Course	Crs.	Grd.
EXS 275 Training for Sport Performance (EXS 207)	3	
EXS 280 Leadership and Group Exercise (EXS 110)	3	

ELECTIVES (5 credits for a total of 122 credits)

*Formal admission to the Exercise Science & Health Promotion

Program is required before taking this course

International Requirement	met	
International Requirement	met	
First Year Experience Requirement	met	