

Name: _____ Student ID# _____ Catalog Year: _____

This form is intended to allow you and your advisor to plan your exercise physiology curriculum. Please make sure you are using the checklist for your appropriate catalog year. Any transfer/equivalency credits must be approved by the biology department chair.

Note: Because this curriculum is designed for a variety of post-graduate opportunities (including both professional programs such as physical therapy and research-based graduate schools), please see your advisor and the pre-health director to make sure you will fulfill all the specific requirements of your chosen post-graduate career path.

Required Courses

- BIOL 172 *Molecular Biology* (3)
- BIOL 181 *Genetics* (3)
- BIOL 182 *Evolution* (2)
- BIOL 205 *Human Anatomy* (5)
- BIOL 206 *Human Physiology* (4)
- BIOL 302 *Human Nutrition* (3)
- BIOL 343 *Principles of Strength Training and Functional Anatomy* (3)
- BIOL 350 *Exercise Physiology* (3)
- BIOL 351 *Junior Seminar I* (1)
- BIOL 376 *Exercise Assessment and Programming* (3)

One (1) option selected from the following:

- EXSP 330 *Prevention and Care of Athletic Injuries* (3)
- BIOL 450 *Advanced Exercise Physiology* (3)

One (1) option selected from the following:

- CHEM 121 *Introductory Chemistry* (5)
- CHEM 131/L *Foundations of Chemistry with Laboratory* (3/2)

CHEM 238/L *Inorganic Chemistry with Laboratory* (3/2)

- EXSP 397/497 *Internship* (3)
- EXSP 493 *Senior Seminar* (3)

MATH 227 *Introduction to Statistics* (3)

One (1) option selected from the following (match with PHYS course options):

- MATH 211 *Precalculus* (4) – pre-requisite for PHYS 201/202
- MATH 231 *Calculus I* (4) – pre-requisite for PHYS 211/212

One (1) pair selected from the following:

- PHYS 201 *Principles of Physics I* (5) AND
- PHYS 202 *Principles of Physics II* (5)
- OR**
- PHYS 211 *General Physics I* (5) AND
- PHYS 212 *General Physics II* (5)

Semester		Courses					Professional Development	
First Year	Fall	1 BIOL 172 Molecular Biology	2 CHEM 121 Introductory Chemistry	or 2 CHEM 131/L Foundations of Chem. + Lab	3 MATH 211 Pre-calculus (or math placement)	or 3 MATH 231 Calculus I (or math placement)	FUSE 101 Frontiers	Statement of Purpose Resume Template Seek Internship and Shadowing Advice Begin volunteer efforts
	Spring	BIOL 181 Genetics <small>BIOL 172</small>	CHEM 238/L Inorganic Chem. + Lab <small>CHEM 121 or 131/L</small>	4 MATH 227 Introduction to Statistics	Drury Fusion	FUSE 102 Intersections		
Second Year	Fall	BIOL 182 Evolution <small>BIOL 181</small>	BIOL 205 Human Anatomy	BIOL 302 Human Nutrition <small>BIOL 110 or 172</small>	Drury Fusion		Internship and/or Shadowing Experiences Prepare for Research Attend Seminars Expand volunteer efforts	
	Spring	BIOL 206 Human Physiology	5 EXSP 330 Prevent. & Care Athl. Injuries <small>BIOL 205</small>	Drury Fusion				
Third Year	Fall	BIOL 351 Junior Seminar I <small>BIOL 181</small>	BIOL 350 Exercise Physiology <small>Biol 110 or 172; 206</small>	6 PHYS 201 Principles of Physics I <small>MATH 110 or 211</small>	or 6 PHYS 211 General Physics I <small>MATH 231</small>	Drury Fusion	Internship and/or Shadowing Experiences Complete Statement of Purpose & Resume Exam (e.g., GRE) Identify post-graduate positions of interest Attend Seminars Extended volunteer & research efforts	
	Spring	BIOL 343 Prin. Str. Train. & Func. Anat. <small>BIOL 205</small>	7 EXSP 3/497 Internship	6 PHYS 202 Principles of Physics II <small>PHYS 201</small>	or 6 PHYS 212 General Physics II <small>PHYS 211</small>	Drury Fusion		
Fourth Year	Fall	BIOL 376 Exer. Assess. & Programming <small>BIOL 350</small>	5 BIOL 450 Adv. Exercise Physiology <small>Biol 350</small>	Drury Fusion			Applications to post-graduate positions Attend Seminars Extended volunteer & research efforts	
	Spring	EXSP 493 Senior Seminar <small>Biol 350</small>	Drury Fusion					

Notes

1. If in Biol 110, then shift Biol 172, 181, and 182 down as needed.
2. One year of introductory chemistry can be fulfilled with either Chem 121/238 *or* 131/238 (with appropriate labs...).
3. Proceed through Math 211 *or* 231 prior to Phys 201 or 211, respectively. Math 231 required only if Phys 211/212 to be taken.
4. Biol 225 *Biostatistics* may be substituted for Math 227.
5. Either complete Exsp 330 or Biol 450 – your choice.
6. Must complete either Phys 201/202 or Phys 211/212 w/ appropriate math pre-requisite. May be taken in second year if pre-req completed. Physical Therapy professional schools accept either course sequence.
7. Internship (EXSP 397/497) can be completed any semester (including summer) after junior status is achieved.

Legend

