

**Steps to successful completion of the  
Exercise Science/Health Promotion (ESHP)  
B.S./B.S.E. degree**

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Apply to the University and be admitted



Declare ESHP as major.



Meet with College of Education advisor in Student (e.g. college and department prerequisites, Gordon Rule/CLAST, foreign language, acceptance to COE, etc.).



Arrange appointment with an ESHP advisor for **first** class schedule. Bring all community college/university transcript(s).



After receiving COE Welcome Letter and transcript evaluation from COE, make an appointment to see assigned ESHP. *(If you do not know your advisor, see the posted list opposite office #290 in ES building or the ESHP Department Secretary in #289.)*



**Sign and complete the ESHP student contract with advisor.**



Continue to see ESHP advisor before registering for class each term.



The **first week** (January 1, May 1, August 1) of the semester, **prior** to the semester you want to register for practicum, you must submit practicum application to ESHP department.



The **first week** (January 1, May 1, August 1) of the semester, **prior** to the semester you want to register for internship, you must submit internship application to internship supervisor.



Apply for graduation at the beginning of the internship (semester you expect to graduate).

(While we understand that everyone is different, there are no exceptions to the above steps.)

## FAU ESHP Sequence

Students should have met CLAST, Gordon Rule, Foreign Language and other College of Education requirements along with ESHP prerequisites and meet with COE and ESHP advisors prior to registering each semester.

(all prerequisites completed to ESHP and COE)

### (ROTATION OF COURSES)

#### THIRD YEAR

##### **Semester One**

Introduction to ESHP	3
Motor Learning & Control	3
Nutrition in Health & Exercise	3
Elective*	<u>3</u>
	12

##### **Semester Two**

Exercise Physiology	3
Exercise Physiology Lab	1
Elective*	3
Exercise Leadership 1	3
Exercise Leadership 2	<u>3</u>
	13

##### **Semester Three (programmed-contract signed)**

Kinesiology	4
Elective*	3
Exercise Testing	3
Exercise Testing Lab	1
Fitness Assessment-Exer. Pres.	<u>3</u>
	14

##### **Semester Four**

Practicum	3
Advanced Methods S/C	3
Management Principles in ESHP	3
Health Promotion	<u>3</u>
	12

##### **Semester Five**

Internship	9
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\*Elective list includes; Biomechanics, Exercise and the Older Adult Exercise Testing & Prescription for Special Populations, Perspectives in Health & Wellness, Stress Management, Substance Abuse, Weight Management, and other (MUST have prior approval by advisor)

### (SHORTER ROTATION OF COURSES)

#### THIRD YEAR (complete in four semesters)

##### **Semester One**

Introduction to ESHP	3
Exercise Physiology	3
Exercise Physiology Lab	1
Motor Learning & Control	3
Nutrition in Health & Exercise	3
Elective*	<u>3</u>
	16

##### **Semester Two (programmed-contract signed)**

Exercise Leadership 1	3
Exercise Leadership 2	3
Kinesiology	4
Exercise Testing	3
Exercise Testing Lab	1
Fitness Assessment-Exer. Pres.	<u>3</u>
	17

#### FOURTH YEAR

##### **Semester Three**

Practicum	3
Advanced Methods S/C	3
Electives (2)*	6
Health Promotion	<u>3</u>
	15

##### **Semester Four**

Internship	9
Management Principles in ESHP	<u>3</u>
	12

Note: The sequence provides general information only. All students should meet with a COE advisor and an ESHP advisor each semester, plus obtain and read the University Catalog and the University Student Handbook. A "C" or higher must be made for each class. Because of funding uncertainties and schedules, the course offerings are never guaranteed from semester to semester.

# Program Brief

## EXERCISE SCIENCE AND HEALTH PROMOTION (ESHP) DEPARTMENT

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Florida Atlantic University College of Education

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### PRE-REQUISITES (complete prerequisites prior to entering ESHP program)

BSC 2085	ANATOMY & PHYSIOLOGY 1	(3 CREDITS)
BSC 2085L	LAB	(1 CREDIT)
BSC 2086	ANATOMY & PHYSIOLOGY 2	(3 CREDITS)
BSC 2086L	LAB	(1 CREDIT)
ISM 2000	INFORMATION SYSTEMS FUNDAMENTALS	(3 CREDITS)
CHM 2045	GENERAL CHEMISTRY 1	(3 CREDITS)
CHM 2045L	LAB	(1 CREDIT)
HSC 2100	HEALTH & FITNESS FOR LIFE	(2 CREDITS)
MAC 1105	COLLEGE ALGEBRA OR HIGHER	(3 CREDITS)
PSY 1012	GENERAL PSYCHOLOGY	(3 CREDITS)
STA 2023	STATISTICS	(3 CREDITS)
HSC 2400	FIRST AID & CPR	(2 CREDITS)
PEM/PEN COURSES	TWO SEPARATE ACTIVITY CLASSES	(1 TO 2 CREDITS EACH)

### UNDERGRADUATE PROGRAM (check FAU catalog for prerequisites for following courses)

PET 3050	MOTOR LEARNING & CONTROL	(3 CREDITS)
PET 3102	INTRODUCTION TO EXERCISE SCIENCE	(3 CREDITS)
PET 3361	NUTRITION IN HEALTH & EXERCISE	(3 CREDITS)
PET 4351	EXERCISE PHYSIOLOGY	(3 CREDITS)
PET 4351L	EXERCISE PHYSIOLOGY LAB	(1 CREDIT)
* ONE ELECTIVE	Choose from list below	(3 CREDITS)

PEP 3192	EXERCISE LEADERSHIP 1	(3 CREDITS)
PEP 3136	EXERCISE LEADERSHIP 2	(3 CREDITS)
PET 4330C	KINESIOLOGY	(4 CREDITS)
PET 4550C	EXERCISE TESTING	(3 CREDITS)
PET 4550L	EXERCISE TESTING LAB	(1 CREDIT)
PET 4551	FITNESS ASSESSMENT & EXERCISE PRESCRIPTION	(3 CREDITS)

HSC 4581	HEALTH PROMOTION	(3 CREDITS)
**PET 4947	PRACTICUM	(3 CREDITS)
PEP 4136	ADVANCED STRENGTH & CONDITIONING	(3 CREDITS)
*TWO ELECTIVES	Choose from elective list below	(6 CREDITS)

PET 4404	MANAGEMENT PRINCIPLES	(3 CREDITS)
**PET 4946	INTERNSHIP	(9 CREDITS)

### \*ELECTIVES – CHOOSE THREE (SEE ESHP ADVISOR FOR OTHER POSSIBLE ELECTIVES) (9 CREDITS)

HSC 3102	PERSPECTIVES IN HEALTH
PET 4402	EXERCISE PROGRAMMING FOR OLDER ADULTS
PET 4552	EX. TESTING & PRESCRIPTION FOR SPECIAL POPULATIONS
PET 4340C	BIOMECHANICS
HSC 4104	STRESS MANAGEMENT
HSC 4143	SUBSTANCE ABUSE
HSC 4139	WEIGHT MANAGEMENT

\*\*Instructor approval and completion of the majority of ESHP coursework

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Note 2: Because of funding uncertainties and schedules, the course offerings are never guaranteed from semester to semester.

FAU ESHP UNDERGRADUATE (Courses w/ prerequisites)