

HEALTH MANAGEMENT: EXERCISE SCIENCE OPTION

Bachelor of Science (BS)

This is a guide based on the 2025-2026 Undergraduate Bulletin and is subject to change. The time it takes to earn a degree will vary based on several factors such as dual enrollment, remediation, and summer enrollment. Students will meet with an academic advisor each semester and use Degree Works to monitor their individual progress.

CURRICULUM CHECKLIST

Critical Courses are *italicized and bolded*. These courses are indicators of potential for success in the degree program.

67 hours required – No minor required

A minimum grade of 'C' is required in each core course

- FN235 Nutrition for Health (3)
- HL111 Introduction to Health Management (3)**
- HL120 Health Perspectives (3)
- HL231 Fitness Conditioning (3)
- HL261 Exercise Science Practicum (3)
- HL303 Research Methods (3)
- HL312 Sport and Exercise Pharmacology (3)
- HL331 Exercise Physiology (4) w/ Lab**
- HL332 Lifestyle Disease Risk Reduction (3)
- HL345 Principles & Practices of Resistance Training (3)
- HL431 Fitness Assessment (3)
- HL460 Exercise Leadership (3)
- HL471 Fitness Facility Administration (3)
- HL498 Health Internship (12)*
- HL550 Exercise Programming for Special Populations (3)
- PE261 Concepts of Injury Management in Physical Education (3)
- PE464 Kinesiology (3)

Major electives:

- FN200-599 Nutrition Elective (3)*
- HL300-500 Health Management Elective (6)**

Prerequisite Courses:

Some courses may fulfill General Education requirements. A grade of 'C' or better is required in each support course.

- BS113 Anatomy and Physiology I (4) w/ Lab**
- BS114 Anatomy and Physiology II (4) w/ Lab**
- CH181/184 Basic Principles of Chemistry (3+1)**
- MA123 Mathematical Reasoning & Modeling or higher level math (3)**

*In order to enroll in the internship: students must have a grade point average of 2.5 in the major and overall in order to enroll in the internship; all major courses must be completed with a grade of 'C' or higher.

*Choose from FN255, FN355, FN370 or FN401

**Course choices include HL320, HL324, and HL350

General Education Requirements – some requirements may be fulfilled by coursework in major program

- Social and Behavioral Sciences – 6 hours
- Constitution Requirement – 3 hours
- Written Communication – 6 hours
- Oral Communication – 3 hours
- Natural Sciences – 7 hours (from two disciplines, one to include a lab)
- Mathematics – 3 hours
- Humanities & Fine Arts – 9 hours (from at least two disciplines)
- Additional requirements – 5 hours (to include UI100 for native students)
- Civics examination

SAMPLE FOUR-YEAR PLAN

	Fall Semester		Spring Semester	
	Course #	Hrs	Course #	Hrs
FIRST YEAR	UI100	1	CH181/184	4
	EN100	3	FN235	3
	HL111	3	General Education	3
	HL120	3	General Education	3
	MA123	3	General Education	3
	Total	13	Total	16
Milestone: Must complete MA 123 or higher level math and CH 181/081/001 with a grade of 'C' or better				
SECOND YEAR	BS113/013	4	BS114/014	4
	HL231	3	General Education	3
	HL261	3	General Education	3
	General Education	3	General Education	3
	General Education	3	Elective	4
	Total	16	Total	17
Milestone: Must complete BS 113 and BS 114 with a grade of 'C' or better				
THIRD YEAR	HL331	4	HL312	3
	HL332	3	HL431	3
	PE261	3	HL471	3
	FN Elective	3	HL550	3
	HL Elective	3	PE464	3
	Total	16	Total	15
FOURTH YEAR	HL303	3	HL498	12
	HL345	3		
	HL460	3		
	HL elective	3		
	Elective	3		
	Total	15	Total	12
Milestone: A major GPA of 2.5 is required for admission into HL498				

A "Milestone" signifies a significant stage for a student in the completion of a degree.

Degree requirements for all students: a minimum of 120 credit hours, completion of the General Education program, and completion of 39 senior division hours (300-599). Refer to the Undergraduate Bulletin or Degree Works for additional graduation requirements for your program.

A minimum 2.0 GPA in the major and overall are required to graduate with a BS degree.



Revised
2/14/2025

2025-2026 degree map

