

**2019-20 Physiology of Exercise Checklist**

Name _____
Student ID _____
Date _____

GENERAL EDUCATION	PHYSIOLOGY OF EXERCISE MAJOR REQUIREMENTS (60 hours)
<p><b>I. Foundational Intellectual Skills (12-13 hours)</b></p> <p>___ FYS110 First Year Seminar</p> <p>___ ENG112 Writing, Research, Genre &amp; Context</p> <p>___ COM101 Public Speaking</p> <p>___ Mathematics</p> <p><b>II. Knowledge Acquisition (19-20 hours)</b></p> <p>___ Science 1XX with lab</p> <p>___ HUM210 Humanities Survey Course</p> <p>___ PHL130 Human Nature &amp; Person</p> <p>___ Foreign Language</p> <p><b>One course from each group A and B:</b></p> <p><b>Group A</b></p> <p>___ ECN200 Introductory Economics</p> <p>___ HIS102 History of the Modern World</p> <p>___ POL102 Introduction to American Politics</p> <p><b>Group B</b></p> <p>___ PSY101 General Psychology</p> <p>___ PSY220 Human Growth and Development</p> <p>___ GST200 Introduction to Gender Studies</p> <p>___ SOC101 Introduction to Sociology</p> <p>___ SOC175 Introduction to Anthropology</p> <p><b>III. Faith, Ethics, and Foundation (6 hours)</b></p> <p>___ THL105 Introduction to Theology</p> <p>___ Second Approved THL</p> <p><b>IV. Greater Depth Cluster</b></p> <p>a. Completion of a minor or second major outside school (or department if College of Arts &amp; Sciences)</p> <p>b. Completion of an interdisciplinary minor or concentration outside the first major. See catalog for approved programs.</p> <p>c. Focus on a specific theme (cluster) outside the major. See catalog for cluster course areas</p> <p><b>Total Earned General Education Hours</b> _____</p>	<p><b>Core Courses (41-47 credit hours)</b></p> <p>___ CHE151 General Chemistry I 4</p> <p>___ CHE152 General Chemistry II 4</p> <p>___ CHE305 Organic Chemistry I 4</p> <p>___ ESS120 Biophysical Values of Activity 3</p> <p>___ ESS375 Strength and Conditioning 3</p> <p>___ ESS390 Certification Guided Review</p> <p>___ ESS434 Adv Physiology of Exercise</p> <p>___ ESS490 Senior Seminar</p> <p>___ ESS498 Research Project*</p> <p><b>One of:</b></p> <p>___ BIO226 Human Physiology 5</p> <p>___ BIO334 Medical Physiology 5</p> <p><b>One of:</b></p> <p>___ BIO205 Biostatistics 4</p> <p>___ PSY205 Statistical Methods 3</p> <p>___ SOC205 Statistical Methods 3</p> <p><b>One of:</b></p> <p>___ BIO310 Biochemistry 3</p> <p>___ CHE311-312 Biochemistry I-II 8</p> <p><b>Electives (13-19 to total of 60 credit hours) from:</b></p> <p>___ BIO203 Molecular Genetics 4</p> <p>___ BIO204 Cell Biology 4</p> <p>___ BIO225 Human Anatomy 5</p> <p>___ BIO345 Immunology 3</p> <p>___ CHE306 Organic Chemistry II 4</p> <p>___ ESS270 Nutritional Principles 3</p> <p>___ ESS336 Nutrition and Disease Prevention 3</p> <p>___ ESS350 Coaching and Personal Training 3</p> <p>___ ESS351 Kinesiology 3</p> <p>___ ESS352 Physiology of Exercise 3</p> <p>___ ESS360 Internship 3-12</p> <p>___ ESS435 Fitness Testing and Exer Prescrip 3</p> <p>___ ESS445 Clinical Aspects Exercise Physiology 3</p> <p>___ ESS470 Nutritional Biochemistry* 3</p> <p>___ PHY110 General Physics I 4</p> <p>___ PHY111 General Physics II 4</p> <p><b>Total Earned Major Hours</b> _____</p> <p><b>Total Earned Hours</b> _____</p>

# MARIAN UNIVERSITY

Indianapolis®

See department for Career-Specific Electives

## 2019-20 Physiology of Exercise Sample Four-Year Plan

Freshman Year					
Fall Semester			Spring Semester		
Requirement Category	Course	Credit Hours	Requirement Category	Course	Credit Hours
Major/Gen. Ed.	CHE 151	4	Major	CHE 152	4
Major	ESS 120	3	Major	Elective	3
General Education	FYS 110	3	General Education	GST/PSY/SOC	3
General Education	PHL 130	3	General Education	ENG112	3
General Education	COM 101	3	General Education	ECN/HIS/POL	3
<b>Semester Hours</b>	<b>16</b>		<b>Semester Hours</b>	<b>16</b>	
<b>Cumulative Hours</b>	<b>16</b>		<b>Cumulative Hours</b>	<b>32</b>	
Sophomore Year					
Fall Semester			Spring Semester		
Requirement Category	Course	Credit Hours	Requirement Category	Course	Credit Hours
Major	CHE 305	4	Major	BIO226/334	5
Major	Elective	3	Major	Elective	3
General Education	Foreign Language	4	General Education	Second THL	3
General Education	THL 105	3	General Education	HUM210	3
Minor/Elective/GDC		1	Minor/Elective/GDC		3
<b>Semester Hours</b>	<b>15</b>		<b>Semester Hours</b>	<b>17</b>	
<b>Cumulative Hours</b>	<b>47</b>		<b>Cumulative Hours</b>	<b>64</b>	
Junior Year					
Fall Semester			Spring Semester		
Requirement Category	Course	Credit Hours	Requirement Category	Course	Credit Hours
Major	BIO/CHE310	3	Major	ESS 434	4
Major/General Education	Statistics	3	Major	Elective	4
Major	ESS 375	3	Minor/Elective/GDC		3
Minor/Elective/GDC		4	Minor/Elective/GDC		3
Minor/Elective/GDC		3	Minor/Elective/GDC		3
<b>Semester Hours</b>	<b>16</b>		<b>Semester Hours</b>	<b>17</b>	
<b>Cumulative Hours</b>	<b>80</b>		<b>Cumulative Hours</b>	<b>97</b>	
Senior Year					
Fall Semester			Spring Semester		
Requirement Category	Course	Credit Hours	Requirement Category	Course	Credit Hours
Major	ESS 490	3	Major	ESS 390	2
Major	ESS 498	3	Major	Elective	4
Major	Elective	4	Minor/Elective/GDC		3
Minor/Elective/GDC		3	Minor/Elective/GDC		3
Minor/Elective/GDC		3	Minor/Elective/GDC		3
<b>Semester Hours</b>	<b>16</b>		<b>Semester Hours</b>	<b>15</b>	
<b>Cumulative Hours</b>	<b>113</b>		<b>Cumulative Hours</b>	<b>128</b>	

\*A minimum 2.0 cumulative GPA and a minimum 2.0 major GPA are required for graduation, so monitor your GPA closely. To meet degree requirements, some disciplines require higher grades in each course or a higher cumulative GPA

This four-year plan is only a sample and will vary by student and course availability.