

 FLORIDA ATLANTIC UNIVERSITY	NEW/CHANGE PROGRAM REQUEST Undergraduate Programs		UUPC Approval <u>9-9-24</u> UFS Approval _____ Banner _____ Catalog _____
	Department Exercise Science and Health Promotion College Science		
Program Name Exercise Science and Health Promotion (Exercise Physiology and Pre-PT/OT Concentrations).	<input type="checkbox"/> New Program* <input checked="" type="checkbox"/> Change Program*	Effective Date (TERM & YEAR) Spring 2025	
Please explain the requested change(s) and offer rationale below or on an attachment. We are requesting to add the new course (new course form also submitted) PET 2916 Directed Independent Research as an elective to both the exercise physiology and Pre-PT/OT concentrations within the undergraduate B.S. degree Exercise Science and Health Promotion. This will be an avenue for undergraduate students to engage in research and inquiry in exercise science and health promotion. Having a zero credit hour option will allow for students without funds or spare credits to engage in research.			
<small>*All new programs and changes to existing programs must be accompanied by a catalog entry showing the new or proposed changes.</small>			
Faculty Contact/Email/Phone Michael Zourdos / mzourdos@fau.edu / 561.297.1317		Consult and list departments that may be affected by the change(s) and attach documentation	
Approved by Department Chair _____ College Curriculum Chair _____ College Dean _____ UUPC Chair <u>Koray Sorge</u> Undergraduate Studies Dean <u>Dan Macroff</u> UFS President _____ Provost _____		Date <u>8-22-24</u> _____ <u>8-26-24</u> _____ <u>8/27/24</u> <u>9-9-24</u> <u>9-9-24</u> _____ _____	

Email this form and attachments to mjenning@fau.edu seven business days before the UUPC meeting.

 FLORIDA ATLANTIC UNIVERSITY	NEW/CHANGE PROGRAM REQUEST Undergraduate Programs		UUPC Approval <u>9-9-24</u> UFS Approval _____ Banner _____ Catalog _____
	Department Exercise Science and Health Promotion College Science		
Program Name Exercise Science and Health Promotion (Exercise Physiology and Pre-PT/OT Concentrations).	<input type="checkbox"/> New Program* <input checked="" type="checkbox"/> Change Program*	Effective Date (TERM & YEAR) Spring 2025	
Please explain the requested change(s) and offer rationale below or on an attachment. We are requesting to add the new course (new course form also submitted) PET 4916 Directed Independent Research as an elective to both the exercise physiology and Pre-PT/OT concentrations within the undergraduate B.S. degree Exercise Science and Health Promotion. This will be an avenue for undergraduate students to engage in research and inquiry in exercise science and health promotion. Having a zero credit hour option will allow for students without funds or spare credits to engage in research.			
<small>*All new programs and changes to existing programs must be accompanied by a catalog entry showing the new or proposed changes.</small>			
Faculty Contact/Email/Phone Michael Zourdos / mzourdos@fau.edu / 561.297.1317		Consult and list departments that may be affected by the change(s) and attach documentation	
Approved by Department Chair _____ College Curriculum Chair _____ College Dean _____ UUPC Chair <u>Korey Sorge</u> Undergraduate Studies Dean <u>Dan Meeroff</u> UFS President _____ Provost _____		Date <u>8-22-24</u> <u>8-26-24</u> <u>8/27/24</u> <u>9-9-24</u> <u>9-9-24</u> _____ _____	

Email this form and attachments to mjenning@fau.edu seven business days before the UUPC meeting.

Exercise Science and Health Promotion

Faculty:

Zourdos, M., Chair; Boerum, C.; Canteri, L.; Graves, B. S.; Hall, M.; Huang, C-J.; Khamoui, A.; Papania, M.; Penhollow, T.; Pyka, I.; Visavadiya, N.; Whitehurst, M.; Zoeller, R.

Purpose/Mission Statement

The Department of Exercise Science Health Promotion (ESHP) offers interdisciplinary undergraduate and graduate degrees designed to prepare students for careers in clinical, corporate and community/nonprofit-based physical fitness and health promotion, postgraduate study in applied health sciences (e.g., physical therapy physician assistant) as well as advanced study in human biology/physiology. Whether in the role of practitioner or scientist, the ESHP graduate is uniquely prepared to influence the health and well-being of their fellow citizens. Importantly, the impact of ESHP graduates includes the potential to reduce healthcare costs when those they touch adopt a healthy lifestyle and dramatically reduce the occurrence and severity of diseases (obesity, heart disease, hypertension, diabetes, cancer) associated with sedentary living.

[Link to Combined Programs](#)

[Link to Master's Program](#)

Exercise Science and Health Promotion

Bachelor of Science (B.S.)

Exercise Physiology Concentration

Pre-Physical Therapy and Occupational Therapy Concentration

To be eligible for the B.S., all Exercise Science and Health Promotion majors must complete all ESHP upper division and prerequisite courses with a grade of "C" or better. Upon completion of the Exercise Science and Health Promotion baccalaureate program, students will be prepared to take the American College of Sports Medicine examination for the Certified Exercise Physiologist (EP) and the National Strength and Conditioning Association examination for Certified Strength and Conditioning Specialist (CSCS) and Certified Personal Trainer (CPT).

General Admission Requirements

1. Satisfy all University and program entrance requirements;
2. Satisfy the General Education Program requirements;
3. Meet with your assigned ESHP advisor each semester.

Prerequisite Coursework for Transfer Students

Students transferring to Florida Atlantic University must complete both lower-division requirements (including the requirements of the General Education Program) and requirements for the college and major. Lower-division requirements may be completed through the A.A. degree from any Florida public college, university or community college or through equivalent coursework at another regionally accredited institution. Before transferring and to ensure timely progress toward the baccalaureate degree, students must also complete the prerequisite courses for their major as outlined in the [Transition Guides](#).

All courses not approved by the Florida Statewide Course Numbering System that will be used to satisfy requirements will be evaluated individually on the basis of content and will require a catalog course description and a copy of the syllabus for assessment.

Concentrations

The B.S. degree in Exercise Science and Health Promotion offers two concentrations:

1. Exercise Physiology
2. Pre-Physical Therapy and Occupational Therapy (Pre-PT/OT)

Undergraduate Program Lower-Division Requirements for Exercise Physiology Concentration

The Exercise Physiology concentration is available in person or fully online. Students planning on majoring in Exercise Science and Health Promotion can satisfy some University and general education requirements while simultaneously satisfying ESHP program requirements. All prerequisite courses require a grade of "C" or better. The following prerequisites or their equivalents are required for all ESHP majors in the Exercise Physiology concentration:

Required Prerequisite Courses

Health, Fitness for Life	HSC 2100	2
First Aid and CPR	HSC 2400	2

Mathematics

College Algebra	MAC 1105	3
Information Systems Fundamentals	ISM 2000	3
Introductory Statistics	STA 2023	3

Social Sciences

Anatomy/Physiology 1 and 2 (including labs)	BSC 2085, 2085L and BSC 2086, 2086L	8
General Chemistry 1 (including lab)	CHM 2045, 2045L	4
General Psychology	PSY 1012	3
PEM/PEN courses (2 separate) 1 to 2 credits each		2-4
Sciences (Natural)		3

Note: Both Biochemistry and General Physics are recommended for students planning on graduate study.

Upper-Division Requirements

Third Year Fall Semester - 16 credits

Exercise Physiology 1	APK 4110	3
Exercise Lab Techniques	APK 4110L	1
Perspectives in Health	HSC 3102	3
Introduction to Health and Exercise Science	PET 3102	3
Nutrition in Health and Exercise	PET 3361	3
Elective 1	Varies	3

Spring Semester - 16 credits

Exercise Physiology 2	APK 4134	3
Health Promotion	HSC 4581	3

Applications of Training Physiology 1	PEP 3192	3
Exercise Testing and Prescription	PET 4550	4
Elective 2	Varies	3

Fourth Year Fall Semester - 16 credits

Applications of Training Physiology 2	PEP 4138	3
Neurophysiology of Human Movement	PET 3050	3
Biomechanics	PET 4340C	4
Elective 3	Varies	3
Elective 4	Varies	3

Spring Semester - 12 credits

Internship (permission required and all required courses must be completed)	PET 4946	3-9
Elective 5	Varies	3

Electives

Choose five courses from the following.

Biological Principles	BSC 1010	3
Biodiversity	BSC 1011	3
General Chemistry 2	CHM 2046	3
Organic Chemistry 1	CHM 2210	3
Organic Chemistry 2	CHM 2211	3
Psychopathology	CLP 4144	3
Psychology of Human Development	DEP 3053	3
Health Care Medical Terminology	HSA 3534	3
Stress Management	HSC 4104	3
Sexual Health Peer Education	HSC 4133	3
Weight Management	HSC 4139	3
Substance Abuse	HSC 4143	3
Methods of Calculus	MAC 2233	3
Genetics	PCB 3063	4
Tactical Strength and Conditioning	PET 4093	3
Obesity: Biological, Psychological and Cultural Factors	PET 4263	3
Management Principles in Exercise Science and Health Promotion	PET 4404	3
Directed Independent Study (faculty supervision required)	PET 4905	3
Directed Independent Research (faculty supervision required)	PET 4916	0-3
Special Topics	PET 4930	3
Practicum in Exercise Science and Health Promotion	PET 4947	3
College Physics 1	PHY 2053	3

Formatted: Font: Bold, Font color: Green

College Physics 2	PHY 2054	3
Directed Independent Research (faculty supervision required)	PET 2916	0-3
Sociological Perspectives	SYG 1000	3

Formatted: Font: Bold, Font color: Green

Undergraduate Program Lower-Division Requirements for Pre-Physical Therapy and Occupational Therapy Concentration

Students planning on majoring in Exercise Science and Health Promotion can satisfy some University and general education requirements while simultaneously satisfying ESHP program requirements. All prerequisite courses require a grade of "C" or better. The following prerequisites or their equivalents are required for all ESHP majors in the Pre-PT/OT concentration. This concentration is available in person only with some online course options.

Note: All students are advised to take Methods of Calculus (MAC 2233) instead of Information Systems Fundamentals (ISM 2000) because MAC 2233 is a prerequisite for the required course, College Physics 1 (PHY 2053).

Required Prerequisite Courses

Health, Fitness for Life	HSC 2100	2
First Aid and CPR	HSC 2400	2

Mathematics

College Algebra	MAC 1105	3
Information Systems Fundamentals	ISM 2000	3 or
Methods of Calculus	MAC 2233	3
Introductory Statistics	STA 2023	3

Social Sciences

Anatomy/Physiology 1 and 2 (including labs)	BSC 2085, 2085L and BSC 2086, 2086L	8
General Chemistry 1 (including lab)	CHM 2045, 2045L	4
General Psychology	PSY 1012	3
PEM/PEN courses (2 separate)		1 to 2 credits each
Sciences (Natural)		3

Note: Students must have at least 45 credits of 3000 level or higher courses. Students are advised to be cognizant of the courses required for their potential PT or OT program. College Physics 2 is often required. In this case, the remaining 11 electives after College Physics 2 should be taken at the 3000 level or higher to meet the 45-credit rule.

Upper-Division Requirements

Third Year Fall Semester - 16 credits

Biological Principles	BSC 1010	3
Biological Principles	BSC 1010L	1
Perspectives in Health	HSC 3102	3

Introduction to Health and Exercise Science	PET 3102	3
Nutrition in Health and Exercise	PET 3361	3
Elective 1	Varies	3
Spring Semester - 16 credits		
Exercise Physiology 1	APK 4110	3
General Chemistry 2	CHM 2046	3
General Chemistry 2 Lab	CHM 2046L	1
Psychopathology	CLP 4144	3
Applications of Training Physiology 1	PEP 3192	3
Elective 2	Varies	3
Fourth Year Fall Semester - 18 credits		
Exercise Lab Techniques	APK 4110L	1
Neurophysiology of Human Movement	PET 3050	3
Biomechanics	PET 4340C	4
College Physics 1	PHY 2053	4
Elective 3	Varies	3
Elective 4	Varies	3
Spring Semester - 12 credits		
Internship (permission required and all required courses must be completed)	PET 4946	3-9
Elective 5	Varies	3
Electives		
Choose five courses from the following.		
Exercise Physiology 2	APK 4134	3
Biodiversity	BSC 1011	3
Biodiversity Lab	BSC 1011L	1
Organic Chemistry 1	CHM 2210	3
Organic Chemistry 2	CHM 2211	3
Psychopathology	CLP 4144	3
Psychology of Human Development	DEP 3053	3
Health Care Medical Terminology	HSA 3534	3
Stress Management	HSC 4104	3
Sexual Health Peer Education	HSC 4133	3
Weight Management	HSC 4139	3
Substance Abuse	HSC 4143	3
Health Promotion	HSC 4581	3
General Microbiology	MCB 3020	3
General Microbiology Lab	MCB 3020L	1
General Pathophysiology	NUR 4125	3
Genetics	PCB 3063	4
Applications of Training Physiology 2	PEP 4138	3
Tactical Strength and Conditioning	PET 4093	3

Obesity: Biological, Psychological and Cultural Factors	PET 4263	3
Management Principles in Exercise Science and Health Promotion	PET 4404	3
Exercise Testing and Prescription	PET 4550	3
Directed Independent Study (faculty supervision required)	PET 4905	3
Directed Independent Research (faculty supervision required)	PET 4916	0-3
Special Topics	PET 4930	3
Practicum in Exercise Science and Health Promotion	PET 4947	3
College Physics 2	PHY 2054	3
Directed Independent Research (faculty supervision required)	PET 2916	0-3
Interpersonal Communication Skills	SDS 4410	3
Sociological Perspectives	SYG 1000	3

Formatted: Font: Bold, Font color: Green

Formatted: Font: Bold, Font color: Green

General Advice

1. Meet with an ESHP-assigned advisor at least once each semester.
2. Work with your ESHP advisor to complete and sign an official plan of study, "the contract" after meeting foreign language and Writing Across Curriculum (Gordon Rule) requirements; after receiving the College of Education welcome letter; and after attaining a "C" or better in all prerequisite courses for the ESHP program.
3. Student must have current student professional liability insurance during the internship. See internship coordinator for specific information.

Program Completion Criteria

Students who elect to fulfill the University foreign language requirement in addition to the ESHP requirements will receive a Bachelor of Science (B.S.) degree. To be eligible for graduation, the student must satisfy all University, College, department and program requirements and complete the ESHP upper-division requirements and prerequisite courses with a grade of "C" or better in each course.