



College of Health Sciences & Professions

The School of Applied Health Sciences and Wellness intends to offer a three-year baccalaureate degree route to students pursuing an Exercise Physiology major. This option will be open to students who complete 21 hours of academic credit spread out over two summer terms or through advanced placement or concurrent enrollment credit completed while in high school. A third summer would be required for students who wish to complete an optional internship placement following the final semester of coursework. Other students will also be able to pursue this degree in a four-year time frame.

The curriculum outlined below is a semester-by-semester plan of study for the Exercise Physiology major in adherence to section 3333.71 of the Revised Code for the three-year baccalaureate degrees. This plan described is a path that includes the summer enrollment option. Please review this document to gain a better understanding of program requirements

The scheduling scenario below is intended to present an example pattern by which this major can be completed in three years. Those interested in pursuing this option need to work with an academic advisor to develop a specific plan to earn the 120-129 credit hours required for graduation.

Exercise Physiology Major

Semester 1: Fall

Course Subject and Title (Or General Tier/Major Requirement)	Credit Hours	Upper Division	Minimum Grade
CHEM 1210 OR 1510 Principles of Chemistry I or Fundamentals of Chemistry I	4		
BIOS 1700/1705 Biological Sciences I: Molecules & Cells/ Biological Sciences I: Laboratory	3		
EXPH 1490 Introduction to Exercise Science	3		
MATH 1350 Survey of Calculus	3		
PSY 1010 General Psychology	3		
Total hours for semester	16		

Semester 2: Spring

Course Subject and Title (Or General Tier/Major Requirement)	Credit Hours	Upper Division	Minimum Grade
CHEM 1220 OR 1520 Principles of Chemistry II OR Fundamentals of Chemistry II	4		
BIOS 1710/1715 Biological Sciences II: Ecology, Evolution, Animal Body Systems/Biological Sciences II: Laboratory	4		

Course Subject and Title (Or General Tier/Major Requirement)	Credit Hours	Upper Division	Minimum Grade
ENG 1610 Freshman Composition: Writing & Rhetoric	3		
MATH 2301 Calculus I	4		
Elective Course	3		
Total hours for semester	18		

Semester 3: Summer

Course Subject and Title (Or General Tier/Major Requirement)	Credit Hours	Upper Division	Minimum Grade
EXPH 2280 Community First Aid and CPR/AED for the Professional Rescuer	1		
EXPH 2490 Exercise Testing & Prescription	4		
NUTR 1000 Introduction to Nutrition	3		
PSY 2110 Statistics for the Behavioral Sciences	4		
Tier II Fine Arts	3		
Total hours for semester	10-15		

Semester 4: Fall

Course Subject and Title (Or General Tier/Major Requirement)	Credit Hours	Upper Division	Minimum Grade
PHYS 2001 Introduction to Physics	4		
BIOS 3010/3015 Human Anatomy/Human Anatomy Lab	4	Yes	
ANTH 1010 Introduction to Cultural Anthropology	3		
Physical Skill Course	1		
EXPH 2590 Physical Fitness	1		
EXPH 2280 Community First Aid and CPR/AED for the Professional Rescuer (if not taken previous summer)	1		
EXPH 2490 Exercise Testing & Prescription (if not taken previous summer)	4		
Total hours for semester	13-18		

Semester 5: Spring

Course Subject and Title (Or General Tier/Major Requirement)	Credit Hours	Upper Division	Minimum Grade
PHYS 2002 Introduction to Physics	4		
BIOS 3450/3455 Human Physiology/Human Physiology Laboratory	4	Yes	
Tier II Humanities & Literature	3		
EXPH 2921 Practicum in Exercise Physiology	1		
Physical Skills Course	1		
Elective Course	3		
Total hours for semester	16		

Semester 6: Summer

Course Subject and Title (Or General Tier/Major Requirement)	Credit Hours	Upper Division	Minimum Grade
Elective Course	3		
Elective Course	3		
Total hours for semester	15		

Semester 7: Fall

Course Subject and Title (Or General Tier/Major Requirement)	Credit Hours	Upper Division	Minimum Grade
EXPH 3020 Biomechanic & Applied Kinesiology	4	Yes	
EXPH 4140/4150 Physiology of Exercise/Physiology of Exercise Lab	4	Yes	
EXPH 4850 OR PETE 4050 Motor Development OR Motor Learning	2	Yes	
Junior Composition	3		
Elective Course	3		
Total hours for semester	16		

Semester 8: Spring

Course Subject and Title (Or General Tier/Major Requirement)	Credit Hours	Upper Division	Minimum Grade
EXPH 4160 Resistance Training Theory & Application	3	Yes	
EXPH 4490 Cardiovascular Assessments in Exercise Physiology	3	Yes	
EXPH 4495 Exercise Testing & Prescription for Special Populations	3	Yes	
EXPH 4900 OR 4610 Special Topics in Exercise Physiology OR Advanced Topics in Exercise Performance	3	Yes	
Elective Course	3		
Total hours for semester	16		

Semester 9: Summer

Course Subject and Title (Or General Tier/Major Requirement)	Credit Hours	Upper Division	Minimum Grade
EXPH 4910 Optional Internship in Exercise Physiology OR 3 hour elective course	3-12	Yes	
Total hours for semester	3-12		

¹All Tier I and Tier II courses can be taken at any time.

²Since most of the general education courses (Tier courses at OU) easily transfer from institution to institution, these courses may be taken through online or on-campus enrollment at other institutions subjects to transfer credit applicability guidelines. Students should consult an academic advisor before enrolling in courses at other institutions.

³General Electives can come from any department. Academic advisors often encourage an expanded related area and/or a minor/certificate program that will complement the major. ⁴General Electives may be completed at other institutions, subject to credit transferability and minimum grade requirements.

⁵EXPH 4910 is an optional internship experience. Students who do not choose this option must complete three additional hours of elective credit at some point during their enrollment.