# Exercise Physiology and BIC

## FRESHMAN YEAR-FALL
- BIC 1314 World Cultures I
- BIC 1413 Rhetoric I
- BIC 1212 Examined Life
- MTH 1304 Pre-Calculus or MTH 1321 Calculus I
- PSY 1305 Introduction to Psychology
- Chapel-Forum

**TOTAL: 15 hours**

## FRESHMAN YEAR-SPRING
- BIC 1324 World Cultures II
- BIC 1323 Rhetoric II
- MIS 1305 or CSI 3303
- CHE 1300 Introductory Chemistry
- HP 1420 Human Anatomy
- Chapel-Forum

**TOTAL: 15 hours**

## SOPHOMORE YEAR-FALL
- BIC 2334 World Cultures I
- BIC 2330 Social World I
- PHY 1408 – Gen Phy Nat Behav Sci
- HED 2331 Health Concepts and Competencies
- HP Activity 11
- Elective

**TOTAL: 17 hours**

## SOPHOMORE YEAR-SPRING
- BIC 2344 World Cultures II
- BIC 2340 Social World II
- PHY 1409 - Gen Phy Nat Behav Sci
- HP 1421 Intro to Human Physiology
- HP 2306 Anatomical Kinesiology

**TOTAL: 17 hours**

## JUNIOR YEAR – FALL
- HP 2304 Advanced First Aid
- HP 2420 Exercise Physiology
- HP 2307 Biomechanics (Fall only)
- HED 3313 Nutrition
- HP 4393 Fac Equip HHPR (Fall only) or BUS 3303 Man Comm

**TOTAL: 16 hours**

## JUNIOR YEAR – SPRING
- BIC 3358 Biblical Heritage and Ethics
- HP 3320 Fund Exercise Biochemistry (SP Only)
- HP 3330 Research Methods & Design in ES (SP Only)
- HP 4350 Princ of Health Fitness Instruc (SP Only)
- HP 4368 Motor Learning & Development (SP Only)
- HP Activity 11

**TOTAL: 16 hours**

## SENIOR YEAR – FALL
- HP 4371 Clinical Exercise Physiology (Fall only)
- HP 4369 Psychology of Coaching
- HP 4354 Techniques of Strength Training & Conditioning (Fall only)
- HP 4352 Exercise & Sport Nutrition (Fall only)
- General Division Elective*

**TOTAL: 15 hours**

## SENIOR YEAR – SPRING
- HP 4375 Exercise Programming for Individuals With Chronic Diseases & Disabilities (SP Only)
- General Division Elective*
- General Division Elective*
- HED 4V80 or HP 4V79 (6 hours) (Fall, SP or Sum)

**TOTAL: 15 hours**

**TOTAL HOURS: 125-126**

*General Division Electives must be approved by the academic advisor and selected from an approved list.

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