

# BACHELOR OF SCIENCE IN EXERCISE SCIENCE - HEALTH FITNESS INSTRUCTOR CONCENTRATION

## Summary of Graduation Requirements

Subject Area	Credits
General Education Core ( <a href="https://catalog.nsu.edu/undergraduate/academic-information/general-education-core-program/">https://catalog.nsu.edu/undergraduate/academic-information/general-education-core-program/</a> )	40
Major Requirements	57
Other Requirements	23
<b>Total Credit Hours</b>	<b>120</b>

## Curriculum

Course	Title	Credits
<b>First Year</b>		
BIO 110 or BIO 100	General Biology or Biological Science	3
BIO 110L or BIO 100L	General Biology Laboratory or Biological Science Lab	1
ENG 101	College English I	3
MTH 103/105	Mathematics in General Education	3
PED 200	Beginning Fitness Through Weight Training	2
SEM 101 & SEM 102	Spartan Seminar 101 and Spartan Seminar 102	2
CSC 150	Computer Literacy	3
ENG 102	College English II	3
HED 170	Personal and Community Health	3
PED 133/134	Beginning Swimming	1
PED 158/159	Fundamentals of Physical Education	1
PED 170	Introduction to Physical Education	3
XXX	Social Sciences	3
<b>Credits</b>		<b>31</b>
<b>Second Year</b>		
HUM 210/211	Humanities	3
SCI 101	Physical Science for Non-Science Majors	3
SCI 101L CHM 100L	Physical Science Laboratory Chemistry: Man & Environment Laboratory	1
PED 107	Aerobics	1
PED 251	Modern Dance I	1
PED 261/262 or PED 158/159	Team Sports I: Invasion Games or Fundamentals of Physical Education	1
PED 287 or BIO 165	Human Anatomy or Human Anatomy and Physiology	3
PED 287L or BIO 165L	Human Anatomy Laboratory or Human Anatomy and Physiology Laboratory	1
SEM 201	Spartan Seminar 201	1
FSN 110	The Science of Human Nutrition	3

PED 220 or PED 220H	Eval in Phys Educ or Evaluation in Physical Education - Honors	3
PED 179	First Aid, Cpr & Aed	2
PED 288 or BIO 166	Human Physiology or Human Anatomy and Physiology	3
PED 288L or BIO 166L	Human Physiology Laboratory or Human Anatomy and Physiology Laboratory	1
PSY 228	Developmental Psychology	3
<b>Credits</b>		<b>30</b>

## Third Year

EXS 363	Clinical Aspects of Aging	2
XXX XXX	Cultural Perspectives	3
ENG 383	African-American Literature, 1940- PRESENT	
HIS 335	African-American History	
HIS 336	African-American History Since 1865	
HRP 320	African American Health	
HIS 371	Modern African History & Cultures 1600- PRESENT	
EXS 291	Care & Prevention of Athletic Injuries	3
PED 356	Kinesiology	3
PED 365 or PED 365H	Adapted Physical Education or Adapted Physical Education- Honors	3
PED 357	Organization & Administration	3
XXX XXX	Social Sciences Elective	3
SOC 101	Introduction to the Social Sciences	
HIS 101	History of World Societies II	
HIS 103	United States History Since 1865	
BUS 175	Introduction to Business & Entrepreneurship	
ECN 200	Basic Principles of Economics	
PED 370	Secondary Physical Education Methods	3
PED 477 or PED 477H	Physiology of Muscular Exercise or Physiology of Muscular Exercise - Honors	3
EXS 300L	Exercise Physiology Lab	1
EXS 292	Stress Management	3
ENG 285	Public Speaking	3
<b>Credits</b>		<b>33</b>

## Fourth Year

PED 300 or PED 300H	Advanced Fitness Through Weight Training or Advanced Fitness Through Weight Training -Honors	2
PED 450 or PED 450H	Motor Learning or Motor Learning- Honors	3
PED 451	Psychological Aspects of Sports	3
PED 495	Internship Experience I (Local)	3
XXX XXX	Cultural Perspectives	3
PED 496	Exercise Science Internship	12
<b>Credits</b>		<b>26</b>
<b>Total Credits</b>		<b>120</b>

## Electives

### Individual Sport/Team Sports

Code	Title	Credits
PED 158	Fundamentals of Physical Education	1
or PED 159	Fundamentals of Physical Education	
PED 204	Tennis I	1
PED 206	Tennis II	1
PED 209	Bowling	1
PED 210	Golf	1
PED 212	Introduction to Net & Wall Games	1
PED 261	Team Sports I: Invasion Games	1
or PED 262	Team Sports II: Net/Wall & Striking/Fielding Games	
PED 271	Individual Sports	1
or PED 272	Cooperative and Target Games	

### Health Content

Code	Title	Credits
HED 368A	Cur/Meth Health Ed	3
HED 442	General Safety Education	3
FSN 449	Nutrition in Sports & Fitness	3

### Aquatics

Code	Title	Credits
PED 134	Advanced Swimming	1
PED 235	Aquatic Sports and Activities	1
PED 325	Lifeguard Training	3

### Rhythms

Code	Title	Credits
PED 109	Water Aerobics	2
PED 251	Modern Dance I	1
PED 254	Jazz Dance	1