

# B.S. EXERCISE PHYSIOLOGY AND HUMAN PERFORMANCE

## OVERVIEW

A bachelor's degree in Exercise Physiology and Human Performance from A&M-Central Texas prepares students for careers and graduate school opportunities in a multitude of health and fitness-related fields. Whether your goal is to enter the athletic performance industry or pursue a medical degree, you will experience relevant coursework, excellent faculty, and hands-on training in A&M-Central Texas' new, state-of-the-art Human Performance Research Laboratory.

## Program Level Student Learning Outcomes

The student will be able to:

- Articulate the fundamental principles of exercise science and nutrition.
- Prescribe individualized exercise and nutritional interventions.
- Analyze current trends in exercise science.

## Bachelor of Science - Exercise Physiology and Human Performance Program Requirements

Refer to the General Education Core Requirements (<https://catalog.tamuct.edu/undergraduate-information/general-education-core-requirements/>) page for more information on the CORE REQ coursework. The Field of Study (FOS) courses are listed in the footnotes (if applicable). At least 120 credit hours are required for the degree.

Code	Title	Credit Hours
<b>First Year</b>		
Fall		
CORE REQ Communications (010)		3
CORE REQ Mathematics (020)		3
BIOL 2401	Anatomy and Physiology I (CORE REQ (020) <sup>1</sup> )	4
CORE REQ Creative Arts (050)		3
Any Level Elective <sup>1</sup>		3
Spring		
CORE REQ Language, Philosophy, and Culture (040)		3
BIOL 2402	Anatomy and Physiology II (CORE REQ (030) <sup>1</sup> )	4
CORE REQ Social and Behavioral Sciences (080) <sup>1</sup>		3
Any Level Elective <sup>1</sup>		3
Any Level Elective <sup>1</sup>		3
<b>Second Year</b>		
Fall		
CORE REQ Communications (010)		3
CORE REQ American History (060)		3
CORE REQ Government/Political Science (070)		3
CHEM 1411	General Chemistry I (Lecture + Lab) (DEG REQ)	4
Any Level Elective <sup>1</sup>		3
Spring		
CORE REQ American History (060)		3

CORE REQ Government/Political Science (070)		3
Any Level Elective <sup>1</sup>		3
Any Level Elective <sup>1</sup>		3
PHED Activity Elective (2)		2
<b>Third Year</b>		
Fall		
EPHP 3301	Exercise Physiology I	3
EPHP 3302	Exercise Physiology II	3
EPHP 3307	Principles of Personal Training	3
EPHP 3304	Exercise Biochemistry	3
EPHP 4302	Sports Nutrition	3
Spring		
EPHP 4301	Leadership in Exercise and Sport	3
EPHP 4305	Research Methods	3
EPHP 3305	Principles and Techniques of Strength Training and Conditioning	3
EPHP 4304	Principles of Strength and Muscular Hypertrophy	3
Upper-Level Elective - Faculty Approved		3
<b>Fourth Year</b>		
Fall		
EPHP 3303	Anatomical Kinesiology	3
EPHP 3306	Exercise Testing and Prescription	3
EPHP 4102	Advanced Cardiovascular Training	1
Upper-Level Elective - Faculty Approved		3
Upper-Level Elective - Faculty Approved		3
EPHP 4395	Exercise Physiology and Human Performance Capstone	3
Spring		
EPHP 4684	Exercise Physiology and Human Performance Internship	6
Upper-Level Elective - Faculty Approved		6
<b>Total Credit Hours</b>		<b>120</b>

<sup>1</sup> Lower Level Electives, Any Level Electives, Component Area Options, or Degree Requirements (DEG REQ) may consist of the proposed FOS courses: BIOL 2401, BIOL 2402, CHEM 1412, PHYS 1401, PSYC 2301, PHED 1301, PHED 1338, PHED 1306 or PHED 2356, 3 credit hour Teaching Team Sports, 3 credit hour Teaching Individual/Dual Sports.