

EXHP 101: Introduction to EXHPR**2 Credit Hours**

Overview of health promotion, fitness, athletic training, recreation and school-based programs and career opportunities.

BIOL 112: Nutrition**3 Credit Hours**

Analysis of personal dietary habits and behavior in relation to basic human nutritional needs and food composition.

EXHP 162: Personal Health**3 Credit Hours**

The development of knowledge and the scientific basis for the analysis, evaluation and promotion of personal health and wellness.

EXHP 162L: Personal Health Lab**1 Credit Hour**

Optional experiential lab studies to augment EXHP 162.

EXHP 222: Behavioral Facilitation**3 Credit Hours**

Study the influence of social and behavioral systems on health. Emphasis on the fundamentals of self-directed behavior change, health dysfunctions, and stress management.

AT 232: First Aid**2 Credit Hours**

Knowledge and skills in current first-aid and CPR procedures for the Lay Responder. Red Cross certification.

EXHP 343: Research and Statistics**3 Credit Hours**

Introduction to the use of measurement and research. Emphasis on reviewing and interpreting professional literature, interpreting basic statistics and understanding the concepts underlying successful evaluation.

EXHP 344: Exercise Physiology**3 Credit Hours**

Physiologic control of the human body during acute exercise, and adaptations to regular exercise stress. Emphasis on relationships among health, fitness, and exercise.

EXHP 344L: Exercise Physiology Lab**1 Credit Hour**

Extension of course lecture which provides practical experience in laboratory experiments which address exercise and exercise theory.

EXHP 364: Kinesiology**3 Credit Hours**

Integration of fundamentals of anatomical and structural components of human movement with the study of fundamental body movements and the primary muscles involved in those movements.

EXHP 461: Managing Programs in EXHP**3 Credit Hours**

Organizational and administrative functions used in a modern management approach to programs in Physical Education, Health Promotion, Athletics, Fitness, and Recreation.