



Complete all 6 sub-requirements (63 hours)

A. AREA I:

Take the following courses:

Minimum Grade of "C" required

ENG-1101 Comp and Modern English I 3 hours

ENG-1102 Comp and Modern English II 3 hours

B. AREA II:

Take any 1000-2000 level course in literature 3 hours

Take any 1000-2000 level course with an expanded historical And Cultural Scope In fine arts, including the disciplines of Art, music, theatre, film, or other fine arts area. 3 hours

Take any two 1000-2000 level courses with an expanded Historical And Cultural scope in the humanities/fine arts Disciplines, including English, foreign languages, religion, Philosophy, classics, theatre, music, dance, communication, Sign language, interdisciplinary studies, or other humanities/Fine arts areas. 6 hours

C. AREA III:

Take The Following Courses:

TAKE BIO 1100/L100 Principles Of Biology W/Lab 3/1 hours

CHM 1142/L142 General Chemistry I W/Lab 3/1 hours

Take MTH 1112 OR Higher ("C" or better) 3 hours

D. AREA IV:

Take Any 1000-2000 Level Course With A Primary Focus In History. 3 hours

Take Any Three 1000-2000 Level Courses From The Following Social Science 9 hours

Disciplines: Anthropology, Business, Criminal Justice, Economics, Geography, History, Human Services, Leadership, Interdisciplinary Studies, Nursing, Political Science, Psychology, Religion, Social Work, Sociology, Or Other Social Science Areas.

E. AREA V:

Take the following courses:

IS 2241	Computer Concepts & Applications	3 hours
TROY 1101	University Orientation	1 hour
KHP 1142	Beginning Weight Training	1 HOUR
KHP 2242	Intermediate Weight Training	1 HOUR
BIO 2220/L210	Principles Of Cell Biology/Lab	3/1 hours
CHM 1101/L101	Organismal Biology/Lab	3/1 hours
KHP 2202	First Aid, Safety, Cpr	2 hours
KHP 2211	Human Nutrition	3 hours
KHP 3391	Testing And Statistical Interpretation	3 hours

## EXERCISE SCIENCE PROGRAM

(40 hours)

Minimum 2.0 overall GPA Required

Take the following courses:

NSG 3315	Pathophysiology	3 hours
BIO 3347/L347	Human Anatomy & Physiology I/Lab	3/1 hours
BIO 3348/L348	Human Anatomy & Physiology II/Lab	3/1 hours
KHP 3352	Kinesiology	3 hours
KHP 4459	Sport & Exercise Nutrition	3 hours
KHP 4474/L474	Exercise Physiology/Lab	3/1 hours
KHP 4475	Exercise Test & Prescription	3 hours
KHP 4476	Lab Practicum Exercise Performance	2 hours
KHP 4488	Issues & Practice Cardiac Rehabilitation	3 hours
KHP 4495	Advanced Exercise Physiology	3 hours
KHP 4496/L496	Biomechanics/Lab	3/1 hours
KHP 4497	Senior Seminar In Exercise	1 hour
KHP 4498	Internship In Exercise Science	3 hours

## WELLNESS AND FITNESS CONCENTRATION

(18 hours)

Take The Following Courses:

AT 3394	Lifting Techniques For Conditioning And Rehabilitative Exercise	1 hour
KHP 3350	Psychology Of Wellness	3 hours
KHP 3360	Physiological Principles Of Body Systems	3 hours