



## Bachelor of Science Exercise Physiology and Human Performance 2022-2023 Transfer Guide

Core Requirements			
(Transfer Credits)			
Other Institution	Texas A&M University - Central Texas	Course Name	SCH
CORE 010	CORE 010	Communication Core Selection	3
CORE 010	CORE 010	Communication Core Selection	3
CORE 020	CORE 020	Mathematics Core Selection	3
BIOL 2401 <sup>4</sup>	CORE 030	Anatomy and Physiology I	4
BIOL 2402 <sup>4</sup>	CORE 030	Anatomy and Physiology II	4
CORE 040	CORE 040	Language, Philosophy, and Culture Core Selection	3
CORE 050	CORE 050	Creative Arts Core Selection	3
CORE 060	CORE 060	American History Core Selection	3
CORE 060	CORE 060	American History Core Selection	3
CORE 070	CORE 070	Government/Political Science Core Selection	3
CORE 070	CORE 070	Government/Political Science Core Selection	3
CORE 080 <sup>4</sup>	CORE 080	Social and Behavioral Sciences Core Selection	3
CHEM 1411	CORE 090	General Chemistry I (Lecture + Lab)	4
<b>Subtotal</b>			<b>42</b>

Additional Lower-Level Degree Requirements			
(Transfer Credits)			
Other Institution	Texas A&M University - Central Texas	Course Name	SCH
Any Level Elective <sup>4</sup>	Any Level Elective	Any Level Elective	18
PHED Activity Elective	PHED Activity Elective	PHED Activity Elective	2
<b>Subtotal</b>			<b>20</b>

Upper-Level Degree Requirements		
Texas A&M University - Central Texas		
Texas A&M University - Central Texas	Course Name	SCH
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
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
EPHP 3303	Anatomical Kinesiology	3
EPHP 3306	Exercise Testing and Prescription	3
EPHP 4102	Advanced Cardiovascular Training	1
EPHP 4395	Exercise Physiology and Human Performance Capstone	3
EPHP 4684	Exercise Physiology and Human Performance Internship	6
EPHP 4306	Exercise Biomechanics	3
Upper-Level Elective – Faculty Approved	Upper-Level Elective – Faculty Approved	12
<b>Subtotal</b>		<b>58</b>
<b>Total</b>		<b>120</b>

### Notes/Comments

**This guide is for planning and visualization purposes only. For assistance with pathway planning, students should schedule an appointment with an academic advisor.**

1. Texas A&M University - Central Texas is an upper-level university only offering upper-level courses (3000-4000 labeled courses)
2. Student will need to complete all lower-level courses at another institution (1000-2000 labeled courses). Refer to the [General Education Core Requirements page](#) for more information on the CORE Requirements coursework.
3. Any-level electives may be taken at either at Texas A&M University-Central Texas or another institution. Please consult an academic advisor prior to selecting any-level electives.
4. 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.