

2018-19
 BACHELOR OF SCIENCE
**EXERCISE PHYSIOLOGY &
 HUMAN PERFORMANCE**



TEXAS A&M
 UNIVERSITY
 CENTRAL TEXAS™

THIS IS A RECOMMENDED COURSE SEQUENCE

TRANSFER GUIDE

Freshman & Sophomore Level Coursework

Generally taken at a community college

<i>Texas Common Course Number</i>	<i>Course Title</i>	<i>Credits</i>
COMMUNICATION (010)	Communication Core	6
*MATH (020)	Math Core	3
BIOL 2401 (030)	A & P I	4
BIOL 2402 (030)	A & P II	4
*HUMANITIES (040)	LPC Core	3
*ARTS (050)	Arts Core	3

<i>Texas Common Course Number</i>	<i>Course Title</i>	<i>Credits</i>
*US History (060)	US History Core	6
*Government (070)	Government Core	6
PSYC 2301 (080)	Soc/Behavioral Core	3
CHEM 1411 (090)	General Chemistry I	4
CHEM 1412	General Chemistry II	4
Electives	General Electives	14

Junior & Senior Level Coursework

Generally taken at Texas A&M University-Central Texas

<i>TAMUCT Number</i>	<i>Course Title</i>	<i>Credits</i>
EPHP 3301	Exercise Physiology I	3
EPHP 3302	Exercise Physiology II	3
EPHP 3303	Anatomical Kinesiology	3
EPHP 3304	Exercise Biochemistry	3
EPHP 3305	Principles & Techniques of Strength Training & Conditioning	3
EPHP 3306	Exercise Testing & Prescription	3
ADV ELECT	Advanced Electives	12

<i>TAMUCT Number</i>	<i>Course Title</i>	<i>Credits</i>
EPHP 4101	Adv Resistance Training	1
EPHP 4102	Adv Cardiovascular Train	1
EPHP 4301	Leadership in Exer & Sport	3
EPHP 4302	Sports Nutrition	3
EPHP 4395	EPHP Capstone	3
EPHP 4684	EPHP Internship	6
ADV ELECT	Advanced Electives	6
Electives	Any Level Electives	7

*Any approved course in that Foundational Component Area (FCA) at a Texas public college or university is acceptable; please speak with an A&M-Central Texas Academic Advisor to determine which choices may fit your education goals (Academic Advising Contact Information: ug.advising@tamuct.edu / (254) 501-5856)

Community college level courses in bold are required for the major; other courses may be used for core requirements, but these courses must still be completed in order to meet graduation requirements at A&M-Central Texas