

**The course rotation below is meant to help students plan their progression towards degree completion; however, students are expected to be in regular contact with college advisors and program faculty members. Additional course offerings may be scheduled during semesters other than those listed below based on a variety of factors, primarily student demand and faculty availability. Please refer to the catalog for specific course prerequisites.**

**Fall**

**First 8-Week**

EPHP 3301 Exercise Physiology I  
EPHP 3303 Anatomical Kinesiology  
EPHP 3304 Exercise Biochemistry  
EPHP 3307 Principles of Personal Training

**Second 8-Week**

EPHP 3302 Exercise Physiology II  
EPHP 3306 Exercise Testing & Prescription  
EPHP 4302 Sports Nutrition  
EPHP 4102 Advanced Cardiovascular Training

**16-Week**

EPHP 4395 EPHP Capstone

**Spring**

**First 8-Week**

EPHP 3301 Exercise Physiology I  
EPHP 3305 Principles and Techniques of Strength Training and Conditioning  
EPHP 4305 Research Methods

**Second 8-Week**

EPHP 3302 Exercise Physiology II  
EPHP 4301 Leadership in Exercise & Sport  
EPHP 4304 Principles of Strength and Muscular Hypertrophy

**16-Week**

EPHP 4684 EPHP Internship  
EPHPP 4395 EPHP Capstone