

Bachelor of Science – Exercise Physiology and Human Performance

2026-2027 Transfer Guide

Texas A&M University–Central Texas

The courses outlined in this section provide a year-by-year guide for full-time students, fulfilling the requirements for the **Bachelor of Science in Exercise Physiology and Human Performance** at Texas A&M University–Central Texas. All guides can be adjusted to accommodate the needs of part-time students. For the official degree requirements, please refer to the Texas A&M University–Central Texas [catalog](#).

BACHELOR OF SCIENCE IN EXERCISE PHYSIOLOGY AND HUMAN PERFORMANCE

YEAR 1	TOTAL HOURS:33
CORE 010 ¹ – Communications	3 SCH
CORE 020 ¹ – Mathematics	3 SCH
BIOL 2401 ³ – Anatomy and Physiology I (CORE 030)	4 SCH
CORE 050 ¹ – Creative Arts	3 SCH
ELECTIVE ^{1,2,3} – Any Level Elective	3 SCH
CORE 040 ¹ – Language, Philosophy, and Culture	3 SCH
BIOL 2402 ³ – Anatomy and Physiology II (CORE 030)	4 SCH
CORE 080 ^{1,3} – Social and Behavioral Sciences	3 SCH
CORE 090 ^{1,3} – Component Area Option	4 SCH
ELECTIVE ^{1,2,3} – Any Level Elective	3 SCH
YEAR 2	TOTAL HOURS:29
CORE 010 ¹ – Communications	3 SCH
CORE 060 ¹ – American History	3 SCH
CORE 070 ¹ – Government/Political Science	3 SCH
CHEM 1411 – General Chemistry I (Lecture + Lab)	4 SCH
ELECTIVE ^{1,3} – Any Level Elective	3 SCH
CORE 060 ¹ – American History	3 SCH
CORE 070 ¹ – Government/Political Science	3 SCH
ELECTIVE ^{1,2,3} – Any Level Elective	3 SCH
ELECTIVE ^{1,2,3} – Any Level Elective	3 SCH
ELECTIVE ^{1,2} – PHED Activity Elective	1 SCH
YEAR 3	TOTAL HOURS:30
EPHP 3301 – Exercise Physiology I	3 SCH
EPHP 3302 – Exercise Physiology II	3 SCH
EPHP 3307 – Principles of Personal Training	3 SCH
EPHP 3304 – Exercise Biochemistry	3 SCH
EPHP 4302 – Sports Nutrition	3 SCH
EPHP 4301 – Leadership in Exercise and Sport	3 SCH
EPHP 4305 – Research Methods	3 SCH
EPHP 3305 – Principles and Techniques of Strength Training and Conditioning	3 SCH
EPHP 4304 – Principles of Strength and Muscular Hypertrophy	3 SCH
ELECTIVE – Upper-Level Elective – Faculty Approved	3 SCH
YEAR 4	TOTAL HOURS:28
EPHP 3303 – Anatomical Kinesiology	3 SCH
EPHP 3306 – Exercise Testing and Prescription	3 SCH
EPHP 4102 – Advanced Cardiovascular Training	1 SCH
ELECTIVE – Upper-Level Elective – Faculty Approved	3 SCH
ELECTIVE – Upper-Level Elective – Faculty Approved	3 SCH
EPHP 4395 – Exercise Physiology and Human Performance Capstone	3 SCH
EPHP 4384 – Internship I	3 SCH

EPHP 4385 – Internship II
ELECTIVE – Upper-Level Elective – Faculty Approved

3 SCH
6 SCH

TOTAL CREDITS: 120 HOURS

NOTES

Texas A&M–Central Texas only offers upper-level courses (those labeled 3XXX-5XXX), all lower-level courses (those labeled 1XXX-2XXX) should be completed at the transferring institution. A minimum of 120 semester credit hours is required for all baccalaureate degrees. For help with transfer planning, please speak with an [academic advisor](#) or [enrollment specialist](#). ***This transfer guide is intended for planning and visualization purposes and is subject to change.***

1. Refer to the General Education Core Requirements [page](#) for more information on the CORE Requirement coursework.
2. 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.
3. 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.