

# Bachelor of Science

## Exercise Physiology and Human Performance

### 2024-2025 Transfer Guide

Core Requirements			
(Transfer Credits)			
Transferring Institution	Texas A&M University - Central Texas	Course Name	SCH
CORE 010 <sup>1</sup>	CORE 010	Communications Core	3
CORE 010 <sup>1</sup>	CORE 010	Communications Core	3
CORE 020 <sup>1</sup>	CORE 020	Mathematics Core	3
BIOL 2401	CORE 030	Anatomy and Physiology I	4
BIOL 2402	CORE 030	Anatomy and Physiology II	4
CORE 040 <sup>1</sup>	CORE 040	Language, Philosophy, and Culture Core	3
CORE 050 <sup>1</sup>	CORE 050	Creative Arts Core	3
CORE 060 <sup>1</sup>	CORE 060	American History Core	3
CORE 060 <sup>1</sup>	CORE 060	American History Core	3
CORE 070 <sup>1</sup>	CORE 070	Government/Political Science Core	3
CORE 070 <sup>1</sup>	CORE 070	Government/Political Science Core	3
CORE 080 <sup>1</sup>	CORE 080	Social and Behavioral Sciences Core	3
CHEM 1411	CORE 090	General Chemistry I (Lecture + Lab)	4
CORE 090 <sup>1</sup>	CORE 090	Component Area Option Core	3
			<b>Subtotal</b>
			<b>45</b>

Additional Lower-Level Degree Requirements			
(Transfer Credits)			
Transferring Institution	Texas A&M University - Central Texas	Course Name	SCH
PHED Activity Elective	PHED Activity Elective	PHED Activity Elective	1
PHED Activity Elective	PHED Activity Elective	PHED Activity Elective	1
Any Level Elective <sup>2,3</sup>	Any Level Elective	Any Level Elective	15
			<b>Subtotal</b>
			<b>17</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

Texas A&M University - Central Texas only offers upper-level courses (3xxx-5xxx labeled courses), all lower-level courses (1xxx-2xxx labeled courses) will need to be completed at the transferring institution. For help with pathway planning, student should speak with an [academic advisor](#). *This pathway is intended for planning and visualization purposes only.*

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 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.



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