

Bachelor of Science

Exercise Physiology and Human Performance

2025-2026 Transfer Guide

Core Requirements (Transfer Credits)			
Transferring Institution	Texas A&M University–Central Texas	Course Name	SCH
CORE 010 ¹	CORE 010	Communications Core	3
CORE 010 ¹	CORE 010	Communications Core	3
CORE 020 ¹	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 ¹	CORE 040	Language, Philosophy, and Culture Core	3
CORE 050 ¹	CORE 050	Creative Arts Core	3
CORE 060 ¹	CORE 060	American History Core	3
CORE 060 ¹	CORE 060	American History Core	3
CORE 070 ¹	CORE 070	Government/Political Science Core	3
CORE 070 ¹	CORE 070	Government/Political Science Core	3
CORE 080 ¹	CORE 080	Social and Behavioral Sciences Core	3
CORE 090 ¹	CORE 090	Component Area Option Core	3
CORE 090 ¹	CORE 090	Component Area Option Core	3
Subtotal			44

Additional Lower-Level Degree Requirements (Transfer Credits)			
Transferring Institution	Texas A&M University–Central Texas	Course Name	SCH
CHEM 1411	CHEM 1411	General Chemistry I (Lecture + Lab)	4
PHED Activity Elective	PHED Activity Elective	PHED Activity Elective	2
Any Level Elective ^{2,3}	Any Level Elective	Any Level Elective	12
Subtotal			18

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
Upper-Level Elective - Faculty Approved		Upper-Level Elective - Faculty Approved		15
			Subtotal	58
			Total	120

Notes/Comments
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. <i>This transfer guide is intended for planning and visualization purposes and is subject to change.</i> - Refer to the General Education Core Requirements page for more information on the CORE Requirement coursework. - 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. - Lower-Level Electives, Any Level Electives, Component Area Options, or Degree Requirements (DEG REQ) may consist of the <u>proposed</u> 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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