Core Competency Requirements (24-25 credits)

___ (3) ________________________ Arts & Literature Selective – select from list
___ (3) ________________________ COM 11400 Fundamentals of Speech Communication
___ (3) ________________________ Culture & Diversity Selective – select from list
___ (4-3) ________________________ ENGL 10600 First-Year Composition or ENGL 10800 Accelerated First-Year Composition
___ (3) ________________________ MA 15300 Algebra & Trigonometry I (prerequisite: ALEKS Math Assessment 030)
___ (3) ________________________ 10100 Other Language (Total of 6 credits - must be from one language)
___ (3) ________________________ 10200 Other Language
___ (3) ________________________ Statistics Selective – select from list

Required Courses in Other Departments (17 credits)

___ (4) BIOL 20300 Human Anatomy & Physiology
___ (4) BIOL 20400 Human Anatomy & Physiology (prerequisite: BIOL 20300)
___ (3) HDFS 21000 Lifespan Development
___ (3) NUTR 30300 Essentials of Nutrition
___ (3) PSY 12000 Elementary Psychology

Required Applied Exercise & Health Courses (31 credits)

___ (2) HK 11101 Practical Applications of Health/Fitness Concepts I
___ (2) HK 11300 Practical Applications of Health/Fitness Concepts II (prerequisite: HK 11101)
___ (1) HK 11800 Analysis of Sport Performance
___ (1) HK 13500 Introduction to Health & Kinesiology
___ (3) HK 21500 Basic Public Health Studies
___ (3) HK 26100 Applied Anatomy & Kinesiology (prerequisite: BIOL 20400)
___ (3) HK 26400 Principles of Motor Learning, Development, & Biomechanics
___ (3) HK 26600 Introduction to Health/Fitness Programming (prerequisite: HK 21500)
___ (1) HK 26900 Practicum Introduction & Preparation
___ (3) HK 30200 Applied Clinical Anatomy (prerequisite: BIOL 20400)
___ (3) HK 36800 Exercise Physiology I (prerequisite: BIOL 20400)
___ (3) HK 37200 Sport & Exercise Psychology I
___ (3) HK 46800 Advanced Exercise Physiology II (prerequisite: HK 36800)

Students must earn a "C-" or better in all HK courses.

Requirements continued on next page
CONCENTRATION REQUIRED FOR MAJOR

Health Exercise Specialist Concentration – HEXS

Required Health Exercise Specialist Courses (26 credits)

_____ (1) HK 11900 Instructional Techniques of Group Exercise (prerequisite: HK 11101)
_____ (1) HK 21100 Clinical Applications of Health/Fitness Concepts I (prerequisite: HK 11300)
_____ (1) HK 31100 Clinical Applications of Health/Fitness Concepts II (prerequisite: HK 11900, HK 21100)
_____ (3) HK 36600 Health Behavior & Health Promotion (prerequisite: HK 26600)
_____ (3) HK 38500 Methods of Health Promotion & Education (prerequisite: HK 26600)
_____ (1) HK 41100 Clinical Applications of Health/Fitness Concepts III (prerequisite: HK 31100)
_____ (3) HK 42100 Health Screening & Fitness Evaluation (prerequisite: HK 11300)
_____ (3) HK 42200 Basic Concepts in Exercise Program Design (prerequisite: HK 42100)
_____ (3) HK 42400 Health & Fitness Program Management (prerequisite: HK 26600)
_____ (3) HK 46900 Exercise Testing & Prescription in Special Populations (prerequisite: HK 36800)
_____ (1) HK 49200 Professional Practicum Experience (prerequisite: HK 26900, HK 31100)

Student must complete 7 credits in clinical/internship practice (HK 21100, HK 31100, HK 41100, HK 49200) for the Health Exercise Specialist Concentration.

Electives (21-22 credits)

_____ (    )______________________ _____ (    ) ______________________ _____ (    ) _______________________ _____ (    ) ______________________

_____ (    )______________________ _____ (    ) ______________________ _____ (    ) _______________________ _____ (    ) ______________________

_____ (    )______________________ _____ (    ) ______________________ _____ (    ) _______________________ _____ (    ) ______________________

_____ (    )______________________ _____ (    ) ______________________ _____ (    ) _______________________ _____ (    ) ______________________

Sport Performance Concentration – SPRT

Required Sport Performance Courses (16 credits)

_____ (1) HK 12000 Analysis of Sport Performance Training II (prerequisite: HK 11800)
_____ (1) HK 13000 Strength & Conditioning Roundtable
_____ (1) HK 25000 Clinical Applications of Sport I (prerequisite: HK 11300)
_____ (2) HK 35000 Clinical Applications of Sport II (prerequisite: HK 25000)
_____ (2) HK 45000 Clinical Applications of Sport III (prerequisite: HK 35000)
_____ (3) HK 31200 Exercise Testing & Prescription for Sport (prerequisite: HK 11800)
_____ (1) HK 49200 Professional Practicum Experience (prerequisite: HK 26900, HK 35000)

Student must complete 11 credits in clinical/internship practice (HK 25000, HK 35000, HK 45000, HK 49200) for the Sport Performance Concentration.

Electives (31-32 credits)

_____ (    )______________________ _____ (    ) ______________________ _____ (    ) _______________________ _____ (    ) ______________________

_____ (    )______________________ _____ (    ) ______________________ _____ (    ) _______________________ _____ (    ) ______________________

_____ (    )______________________ _____ (    ) ______________________ _____ (    ) _______________________ _____ (    ) ______________________

_____ (    )______________________ _____ (    ) ______________________ _____ (    ) _______________________ _____ (    ) ______________________

Students must earn a “C-” or better in all HK courses.

At least 32 credits of Purdue coursework required at 300 level or higher.

APEX (HEXS) includes 38 credits (if taken at Purdue).
APEX (SPRT) includes 27 credits (if taken at Purdue). See chart on next page.

120 semester credits required for Bachelor of Science degree.

Students completing this major will be eligible to take the ACSM Certified Health Fitness Specialist Exam or NSCA Certified Strength and Conditioning Specialist Exam.
**Arts & Literature Selective List – 3 credits**

Any AD, BAND, DANC, MUS, or THTR course

OR

- ENGL 23000 Great Narrative Works
- ENGL 23100 Introduction To Literature
- ENGL 23200 Thematic Studies In Literature (various topics)
- ENGL 23500 Introduction To Drama
- ENGL 23700 Introduction To Poetry
- ENGL 23800 Introduction To Fiction
- ENGL 24000 Survey Of The British Literature: From The Beginnings Through The Neoclassical Period
- ENGL 24100 Survey Of The British Literature: From The Rise Of Romanticism To The Modern Period
- ENGL 25000 Great American Books
- ENGL 25700 Literature Of Black America
- ENGL 25800 Nobel Prize Winners In Literature
- ENGL 26200 Greek Roman Classics In Translation
- ENGL 26400 The Bible As Literature
- ENGL 26600 World Literature: From The Beginnings To 1700 A.D.
- ENGL 26700 World Literature: From 1700 A.D. To The Present
- ENGL 27600 Shakespeare On Film
- ENGL 28600 The Movies
- FR 33000 French Cinema
- GER 33000 German Cinema
- ITAL 33000 The Italian Cinema
- JAPN 33000 Japanese Cinema
- PTGS 33000 Brazilian, Portuguese, And African Cinema
- RUSS 33000 Russian And East European Cinema
- SPAN 33000 Spanish And Latin American Cinema

**Culture & Diversity Selective List – 3 credits**

- AAS 27100 Introduction To African American Studies
- AAS 27700 African American Popular Culture
- AAS 37000 Black Women Rising
- AAS 37100 The African American Experience (variable topics)
- AAS 37300 Issues In African American Studies (variable topics)
- AAS 37600 The Black Male
- ANTH 20500 Human Culture Diversity
- ANTH 21200 Culture, Food And Health
- ANTH 23000 Gender Across Cultures
- ANTH 34000 Global Perspectives On Health
- ANTH 37900 Native American Cultures
- ASAM 24000 Introduction To Asian American Studies
- ASAM 34000 Contemporary Issues In Asian American Studies
- ASL 28000 American Deaf Community: Language, Culture, And Society
- CHNS 28000 Topics In Chinese Civilization And Culture (variable topics)
- COM 22400 Communicating In The Global Workplace
- COM 30300 Intercultural Communication
- COM 37600 Communication And Gender
- COM 38100 Gender And Feminist Studies In Communication
- HDFS 30100 Diversity In Individual And Family Life
- HIST 21000 The Making Of Modern Africa
- HIST 24000 East Asia And Its Historic Tradition
- HIST 24100 East Asia In The Modern World
- HIST 24300 South Asian History And Civilizations
- HIST 24500 Introduction To The Middle East History And Culture
- HIST 24600 Modern Middle East And North Africa
- HIST 27100 Latin American History To 1824
- HIST 27200 Latin America History From 1824
- HIST 34100 History Of Africa South Of The Sahara
- HIST 34200 Africa And The West
- HIST 34400 History Of Modern Japan
- HIST 36600 Hispanic Heritage Of The United States
- HIST 37700 History And Culture Of Native America
- JWST 33000 Introduction To Jewish Studies
- LALS 25000 Introduction To Latin American And Latino Studies
- PHIL 22500 Philosophy Of Women
- PHIL 24200 Phil, Culture, And The African American Experience
- POL 22200 Women, Politics, And Public Policy
- PSY 23900 The Psychology Of Women (prerequisite = PSY 12000)
- PSY 33500 Stereotyping And Prejudice (prerequisite = PSY 12000 & 24000)
- PSY 36800 Children's Development In Cross-Cultural Perspective (prerequisite = PSY 12000 & 23500)
- SOC 31000 Racial And Ethnic Diversity
- SOC 33900 Introduction To The Sociology Of Developing Nations
- SOC 45000 Gender Roles In Modern Society (prerequisite = 6 cr in SOC)
- WOST 28000 Women’s Studies: An Introduction
- WOST 38000 Gender And Multiculturalism
- WOST 38100 Women Of Color In The United States
- WOST 38300 Women And Work

Study Abroad Course upon approval of HK department (up to 3 credits)

**Other Languages – 6 credits from one language**

American Sign Language, Arabic, Chinese, French, German, Greek, Hebrew, Italian, Japanese, Latin, Portuguese, Russian, Spanish

**Statistics Selective List – 3 credits**

- SOC 38200 Intro to Methods of Social Research
- STAT 11300 Statistics & Society
- STAT 30100 Elementary Statistical Methods

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**APEX (SPRT)**

<table>
<thead>
<tr>
<th>32 Credits @ 300 Level*</th>
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<tr>
<td>APEX HK Courses*</td>
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<td>NUTR 30300*</td>
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*Assuming no transfer credits.

APEX (effective Fall 2012)

revised 5/2012
### Suggested Arrangement of Courses:

<table>
<thead>
<tr>
<th>Credits</th>
<th>Fall 1st Year</th>
<th>Prerequisite</th>
<th>Credits</th>
<th>Spring 1st Year</th>
<th>Prerequisite</th>
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<tbody>
<tr>
<td>13</td>
<td>4 BIOL 20300 (Fall Only)</td>
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<td>4 BIOL 20400 (Spring Only)</td>
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<td></td>
<td>3 COM 11400*</td>
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<td>4-3 ENGL 10600/10800*</td>
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<td>2 HK 11300 (Spring Only)</td>
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<td>1 HK 11800 (Fall Only)</td>
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<td>1 HK 13500</td>
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<td>3 MA 15300*</td>
<td>ALEKS score of 030</td>
<td>3 PSY 12000</td>
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Admittance to Applied Exercise & Health Program with Sport Performance Concentration Required to Continue

### Applied Exercise & Health with Sport Performance Concentration

<table>
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<tr>
<th>Credits</th>
<th>Fall 2nd Year</th>
<th>Prerequisite</th>
<th>Credits</th>
<th>Spring 2nd Year</th>
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<tbody>
<tr>
<td>15-16</td>
<td>3 HDFS 21000</td>
<td></td>
<td>1 HK 13000 (Spring Only)</td>
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<td></td>
<td>1 HK 12000 (Fall Only)</td>
<td>HK 11800</td>
<td>1 HK 25000</td>
<td>HK 11300</td>
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<tr>
<td></td>
<td>3 HK 21500</td>
<td></td>
<td>3 HK 26400</td>
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<tr>
<td></td>
<td>1 HK 25000</td>
<td>HK 11300</td>
<td>3 HK 26600</td>
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<td>3 HK 26100</td>
<td>BIOL 20400</td>
<td>3 NUTR 30300</td>
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**Passing score on ACSM or NSCA Certified Personal Trainer exam required to continue**

<table>
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<th>Credits</th>
<th>Fall 3rd Year</th>
<th>Prerequisite</th>
<th>Credits</th>
<th>Spring 3rd Year</th>
<th>Prerequisite</th>
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<td>15</td>
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<td>2 HK 35000</td>
<td>HK 25000</td>
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<td>1 HK 26900</td>
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<td>3 HK 37200</td>
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<td>3 HK 30200 (Fall Only)</td>
<td>BIOL 20400</td>
<td>3 HK 46800</td>
<td>HK 36800 (C- or higher)</td>
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<td>3 HK 31200 (Fall Only)</td>
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<tr>
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<td>2 HK 35000</td>
<td>HK 25000</td>
<td>3 Elective</td>
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<td></td>
</tr>
<tr>
<td></td>
<td>3 HK 36800</td>
<td>BIOL 20400</td>
<td>3 Elective</td>
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**Note:** Students typically do internship during the summer after their third or fourth year.

<table>
<thead>
<tr>
<th>Credits</th>
<th>Fall 4th Year</th>
<th>Prerequisite</th>
<th>Credits</th>
<th>Spring 4th Year</th>
<th>Prerequisite</th>
</tr>
</thead>
<tbody>
<tr>
<td>14</td>
<td>2 HK 45000</td>
<td>HK 35000</td>
<td>3 Arts &amp; Literature Selective*</td>
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</tr>
<tr>
<td></td>
<td>3 Statistics Selective*</td>
<td>2 HK 45000</td>
<td>HK 35000</td>
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<tr>
<td></td>
<td>3 Elective</td>
<td>3 Elective</td>
<td>3 Elective</td>
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<td>3 Elective</td>
<td>3 Elective</td>
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<tr>
<td></td>
<td>1 HK 49200 (Internship)</td>
<td>HK 26900, HK 35000 &amp; instructor permission</td>
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</table>

**Important Sequence of Classes**

*Satisfies a Core Competency Requirement


Students must earn a "C-" or better in all required HK courses.

120 semester credits required for Bachelor of Science degree.