### Applied Exercise & Health Core (University Foundational Learning Outcomes) (26-27 credits)

<table>
<thead>
<tr>
<th>Credits</th>
<th>Course Title</th>
<th>Requirement</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-3</td>
<td>ENGL 10600 First-Year Composition OR ENGL 10800 Accelerated First-Year Composition</td>
<td>[Written Communication]</td>
</tr>
<tr>
<td></td>
<td>COM 11400 Fundamentals of Speech Communication</td>
<td>[Oral Communication]</td>
</tr>
<tr>
<td>4</td>
<td>BIOL 20300 Human Anatomy &amp; Physiology</td>
<td>[Fulfills 1 Science Core Course]</td>
</tr>
<tr>
<td>4</td>
<td>BIOL 20400 Human Anatomy &amp; Physiology (prerequisite: BIOL 20300)</td>
<td>[Fulfills 1 Science Core Course]</td>
</tr>
<tr>
<td>3</td>
<td>PSY 12000 Elementary Psychology</td>
<td>[Behavior/Social Science]</td>
</tr>
<tr>
<td>3</td>
<td>MA 15300 Algebra &amp; Trigonometry I (prerequisite: ALEKS Math Assessment 030) OR higher from University list</td>
<td>[Quantitative Reasoning]</td>
</tr>
<tr>
<td></td>
<td>[Science, Technology &amp; Society] – select from University list if selected below, fulfills this requirement</td>
<td></td>
</tr>
</tbody>
</table>

### Required Courses in Other Departments (15 credits)

<table>
<thead>
<tr>
<th>Credits</th>
<th>Course Title</th>
<th>Requirement</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>HDFS 21000 Introduction to Human Development</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>NUTR 30300 Essentials of Nutrition</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>STAT 11300 Statistics and Society OR STAT 30100 Elementary Statistical Methods</td>
<td>[Science, Technology &amp; Society]</td>
</tr>
<tr>
<td></td>
<td>Other Language (Total of 6 credits - must be from one language)</td>
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</tr>
<tr>
<td>3</td>
<td>Other Language</td>
<td></td>
</tr>
</tbody>
</table>

### Required Applied Exercise & Health Courses (31 credits)

<table>
<thead>
<tr>
<th>Credits</th>
<th>Course Title</th>
<th>Requirement</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>HK 11101 Practical Applications of Health/Fitness Concepts I</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>HK 11300 Practical Applications of Health/Fitness Concepts II (prerequisite: HK 11101)</td>
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</tr>
<tr>
<td>1</td>
<td>HK 11800 Analysis of Sport Performance</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>HK 13500 Introduction to Health &amp; Kinesiology</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>HK 21500 Basic Public Health Studies</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>HK 26100 Applied Anatomy &amp; Kinesiology (prerequisite: BIOL 20400)</td>
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<tr>
<td>3</td>
<td>HK 26400 Principles of Motor Learning, Development, &amp; Biomechanics</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>HK 26600 Introduction to Health/Fitness Programming (prerequisite: HK 21500)</td>
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</tr>
<tr>
<td>1</td>
<td>HK 26900 Practicum Introduction &amp; Preparation</td>
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</tr>
<tr>
<td>3</td>
<td>HK 30200 Applied Clinical Anatomy (prerequisite: BIOL 20400)</td>
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<tr>
<td>3</td>
<td>HK 36800 Exercise Physiology I (prerequisite: BIOL 20400)</td>
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<tr>
<td>3</td>
<td>HK 37200 Sport &amp; Exercise Psychology I (prerequisite: PSY 12000 – minimum grade of C-)</td>
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<tr>
<td>3</td>
<td>HK 46800 Advanced Exercise Physiology II (prerequisite: HK 36800 – minimum grade of C-)</td>
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</tbody>
</table>

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 11800, 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, consent of instructor)

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, consent of instructor)

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 30000 level or higher.
APEX (HEXS) includes 38 credits (if taken at Purdue).
APEX (SPRT) includes 27 credits (if taken at Purdue). See chart.

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.

Other Languages – 6 credits from one language
American Sign Language, Arabic, Chinese, French, German, Greek, Hebrew, Italian, Japanese, Latin, Portuguese, Russian, Spanish

University Foundational Learning Outcomes List: https://www.purdue.edu/provost/initiatives/curriculum/course.html

APEX revised 5/2013 (effective Fall 2013)
Pre-Applied Exercise & Health  
http://www.purdue.edu/hhs/hk/hkadvising/  
APEP

## Suggested Arrangement of Courses:

### Credits
- **Fall 1st Year**
  - 4 BIOL 20300* (Fall Only)
  - 4-3 ENGL 10600* or ENGL 10800*
  - 2 HK 11101 (Fall Only)
  - 1 HK 11800 (Fall Only)
  - 3 MA 15300* ALEKS score of 030
- **Spring 1st Year**
  - 4 BIOL 20400* (Spring Only)
  - 3 COM 11400*
  - 2 HK 11300 (Spring Only)
  - 1 HK 13500
  - 3 PSY 12000*

<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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</thead>
<tbody>
<tr>
<td>13-14</td>
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<td></td>
<td>16</td>
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</tbody>
</table>

Admittance to Applied Exercise & Health Program with Health Exercise Specialist Concentration Required to Continue

### Credits
- **Fall 2nd Year**
  - 1 HK 21100
  - 3 HK 21500
  - 3 HK 26100
  - 3 HK 42100
  - 3 Other Language 10100
  - 3 STAT 11300* or STAT 30100
- **Spring 2nd Year**
  - 3 HDFS 21000
  - 1 HK 11900 (Spring Only)
  - 1 HK 21100
  - 3 HK 26600
  - 3 HK 42200
  - 3 Other Language 10200

<table>
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<th>Credits</th>
<th>Spring 2nd Year</th>
<th>Prerequisite</th>
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<tr>
<td>16</td>
<td></td>
<td></td>
<td>14</td>
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</tbody>
</table>

ACE Personal Trainer certification required to continue

### Credits
- **Fall 3rd Year**
  - 1 HK 26900
  - 3 HK 30200 (Fall Only)
  - 1 HK 31100
  - 3 HK 36800
  - 3 HK 42400 (Fall Only)
  - 3 NUTR 30300
  - 1 Elective
- **Spring 3rd Year**
  - 3 HK 26400 (Spring Only)
  - 1 HK 31100
  - 3 HK 36600 (Spring Only)
  - 3 HK 38500
  - 3 HK 48600
  - 3 HK 46900
  - 3 Elective

<table>
<thead>
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<th>Fall 3rd Year</th>
<th>Prerequisite</th>
<th>Credits</th>
<th>Spring 3rd Year</th>
<th>Prerequisite</th>
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<tbody>
<tr>
<td>15</td>
<td></td>
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<td>16</td>
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</table>

### Credits
- **Fall 4th Year**
  - 3 HK 37200
  - 1 HK 41100
  - 3 Elective
  - 3 Elective
  - 3 Elective
  - 3 Elective
- **Spring 4th Year**
  - 3 Science, Technology, & Society* or Elective
  - 3 Elective
  - 3 Elective
  - 2-3 Elective
  - 1 HK 45200 (250 hour Internship)

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<thead>
<tr>
<th>Credits</th>
<th>Fall 4th Year</th>
<th>Prerequisite</th>
<th>Credits</th>
<th>Spring 4th Year</th>
<th>Prerequisite</th>
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<td>16</td>
<td></td>
<td></td>
<td>13-14</td>
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<td></td>
</tr>
</tbody>
</table>

**Important Sequence of Classes**

*Satisfies a University Foundational Learning Outcome

Note: Students typically do internship during the summer after their third or fourth year.

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

120 semester credits required for Bachelor of Science degree.

Effective Fall 2013