

Student: \_\_\_\_\_ PUID: \_\_\_\_\_ Catalog Term: \_\_\_\_\_

Additional Majors: \_\_\_\_\_ Minors: \_\_\_\_\_

*Note: Applied Exercise & Health is a selective program. Students begin in Pre-Applied Exercise & Health in the fall semester and apply to the program during the spring semester. **Admittance to the Applied Exercise & Health Program is required to continue in the Applied Exercise & Health major.** For additional information see:*

[www.purdue.edu/hhs/hk/undergraduate/majors/](http://www.purdue.edu/hhs/hk/undergraduate/majors/)

**Applied Exercise & Health Core (University Foundational Learning Outcomes) (23-27 credits)**

- \_\_\_ (4-3) ENGL 10600 First-Year Composition *OR* ENGL 10800 Accelerated First-Year Composition [**Written Communication** and **Information Literacy**]
- \_\_\_ (3) COM 11400 Fundamentals of Speech Communication [**Oral Communication**]
- \_\_\_ (4) BIOL 20300 Human Anatomy & Physiology [**Fulfills 1 Science Core Course**]
- \_\_\_ (4) BIOL 20400 Human Anatomy & Physiology (prerequisite: BIOL 20300) [**Fulfills 1 Science Core Course**]
- \_\_\_ (3) \_\_\_\_\_ [**Humanities**] – *select from University list*
- \_\_\_ (3) PSY 12000 Elementary Psychology [**Behavior/Social Science**]
- \_\_\_ (3) MA 15300 Algebra & Trigonometry I (prerequisite: ALEKS Math Assessment 045) *OR* higher from University list [**Quantitative Reasoning**]
- \_\_\_ (0-3) \_\_\_\_\_ [**Science, Technology & Society**] – *select from University list (STAT 11300, if selected below, fulfills this requirement)*

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

- \_\_\_ (3) HDFS 21000 Introduction to Human Development
- \_\_\_ (3) NUTR 30300 Essentials of Nutrition
- \_\_\_ (3) STAT 11300 Statistics and Society [**Science, Technology & Society**] *OR* STAT 30100 Elementary Statistical Methods
- \_\_\_ (3) \_\_\_\_\_10100 Other Language (*Total of 6 credits - must be from one language*)
- \_\_\_ (3) \_\_\_\_\_10200 Other Language

**Required Applied Exercise & Health Courses (54 credits)**

- \_\_\_ (2) HK 11101 Practical Applications of Health/Fitness Concepts I
- \_\_\_ (1) HK 11900 Instructional Techniques of Group Exercise (prerequisite: HK 11101, HK 21100)
- \_\_\_ (1) HK 13500 Introduction to Health & Kinesiology
- \_\_\_ (1) \_\_\_(1) HK 21100 Clinical Applications of Health/Fitness Concepts I
- \_\_\_ (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)
- \_\_\_ (1) \_\_\_(1) HK 31100 Clinical Applications of Health/Fitness Concepts II (prerequisite: HK 11900, HK 21100)
- \_\_\_ (3) HK 36600 Health Behavior & Health Promotion (prerequisite: HK 21500 or HK 21900)
- \_\_\_ (3) HK 36800 Exercise Physiology I (prerequisite: BIOL 20400)
- \_\_\_ (3) HK 37200 Sport & Exercise Psychology I (prerequisite: PSY 12000 – minimum grade of C-)
- \_\_\_ (3) HK 38500 Methods of Health Promotion & Education (prerequisite: HK 21500)
- \_\_\_ (1) \_\_\_(1) HK 41100 Clinical Applications of Health/Fitness Concepts III (prerequisite: HK 31100)
- \_\_\_ (3) HK 42100 Health Screening & Fitness Evaluation (prerequisite: BIOL 20400)
- \_\_\_ (3) HK 42200 Basic Concepts in Exercise Program Design (prerequisite: HK 42100)
- \_\_\_ (3) HK 42400 Health & Fitness Program Management (prerequisite: HK 26600)
- \_\_\_ (3) HK 46800 Advanced Exercise Physiology II (prerequisite: HK 36800 – minimum grade of C-)
- \_\_\_ (3) HK 46900 Exercise Testing & Prescription in Special Populations (prerequisite: HK 36800)
- \_\_\_ (1) HK 49200 Professional Practicum Experience (prerequisite: HK 26900, consent of instructor)

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

*Requirements continued on next page*

**Electives (24-28 credits)**

____ ( ) _____	____ ( ) _____	____ ( ) _____	____ ( ) _____
____ ( ) _____	____ ( ) _____	____ ( ) _____	____ ( ) _____
____ ( ) _____	____ ( ) _____	____ ( ) _____	____ ( ) _____

**At least 32 credits of Purdue coursework required at 30000 level or higher. APEX includes 38 credits (if taken at Purdue).**

**120 semester credits required for Bachelor of Science degree.**

Students completing this major will be eligible to take the ACSM Certified Exercise Physiologist 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>

**Pre-Applied Exercise & Health**  
[www.purdue.edu/hhs/hk/undergraduate/majors](http://www.purdue.edu/hhs/hk/undergraduate/majors)

HK-UND  
APEP

**Suggested Arrangement of Courses:**

Credits	Fall 1st Year	Prerequisite	Credits	Spring 1st Year	Prerequisite
4	BIOL 20300* (Fall Only)		4	BIOL 20400* (Spring Only)	BIOL 20300
3	COM 11400*		4-3	ENGL 10600* or ENGL 10800*	
2	HK 11101 (Fall Only)		1	HK 13500	
3	MA 15300*	ALEKS score of 045	3	PSY 12000*	
3	Other Language 10100		3	Other Language 10200	Other Language 10100
			0-1	Elective	
<b>15</b>			<b>15</b>		

Admittance to Applied Exercise & Health Program Required to Continue

**Applied Exercise & Health**

HK-BS  
APEX

Credits	Fall 2nd Year	Prerequisite	Credits	Spring 2nd Year	Prerequisite
1	HK 21100		3	HDFS 21000	
3	HK 21500		1	HK 11900 (Spring Only)	HK 11101 & HK 21100
3	HK 26100	BIOL 20400	1	HK 21100	
3	HK 42100	BIOL 20400	3	HK 26600	HK 21500
3	Humanities*		3	HK 36800	BIOL 20400
3	STAT 11300* or STAT 30100		3	HK 42200	HK 42100
<b>16</b>			<b>14</b>		

Personal Trainer certification required to continue

Credits	Fall 3rd Year	Prerequisite	Credits	Spring 3rd Year	Prerequisite
1	HK 26900		3	HK 26400 (Spring Only)	
3	HK 30200 (Fall Only)	BIOL 20400	1	HK 31100	HK 11900 & HK 21100
1	HK 31100	HK 11900 & HK 21100	3	NUTR 30300	
3	HK 36600 (Fall Only)	HK 21500	3	HK 46800	HK 36800 (C- or higher)
3	HK 42400 (Fall Only)	HK 26600	3	HK 46900	HK 36800
3	Elective		3	Elective	
<b>14</b>			<b>16</b>		

Credits	Fall 4th Year	Prerequisite	Credits	Spring 4th Year	Prerequisite
3	HK 37200	PSY 12000 (C- or higher)	3	Science, Technology, & Society* or Elective	
3	HK 38500	HK 21500	1	HK 41100	HK 31100
1	HK 41100	HK 31100	3	Elective	
3	Elective		3	Elective	
3	Elective		3	Elective	
3	Elective		1	HK 49200 (250 hour Internship)	HK 26900 & Instructor Approval
				<i>Note: Students typically do internship during the summer after their third or fourth year.</i>	
<b>16</b>			<b>14</b>		

**Important Sequence of Classes**

\*Satisfies a University Foundational Learning Outcome

Students must earn a "C-" or higher in all required HK courses.  
**120 semester credits required for Bachelor of Science degree.**