<table>
<thead>
<tr>
<th></th>
<th>Fall Semester</th>
<th>Spring Semester</th>
</tr>
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<tbody>
<tr>
<td><strong>First Year</strong></td>
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<tr>
<td>EXHP 101: Intro to EXHPR</td>
<td>2</td>
<td>AT 260: Care &amp; Prevention of AT Injury 3</td>
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<tr>
<td>EXHP 162: Personal Health</td>
<td>3</td>
<td>EXHP Option Elective (lower division) 2</td>
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<td>EXHP 162L: Personal Health</td>
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<td>BIOL 112: Nutrition 3</td>
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<td>EXHP Option Elective (lower division)</td>
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<td>ENG 102: Composition II 3</td>
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<td>ENG 101: Composition I</td>
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<td>PSYCH 151: Human Development 3</td>
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<tr>
<td>CIS 100: Intro to Word &amp; Windows</td>
<td>1</td>
<td>OR</td>
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<td>CIS 103: PowerPoint &amp; Web Publishing</td>
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<td>PSYCH 100: General Psychology</td>
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<td>CIS 104: Excel Spreadsheets</td>
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<td><strong>TOTAL SEMESTER HOURS</strong></td>
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<td><strong>Second Year</strong></td>
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<tr>
<td>EXHP 201: Drugs &amp; Healthy Lifestyle</td>
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<td>AT 232: First Aid 2</td>
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<td>EXHP 222: Behavior Facilitation</td>
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<td>EXHP Option Elective (lower division) 1</td>
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<tr>
<td>EXHP Option Elective (lower division)</td>
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<td>BIOL 224: Human Physiology &amp; Anatomy II 3</td>
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<td>BIOL 223: Human Physiology &amp; Anatomy I</td>
<td>3</td>
<td>BIOL 224L: Human Physiology &amp; Anatomy II Lab 1</td>
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<tr>
<td>BIOL 223L: Human Physiology &amp; Anatomy I Lab</td>
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<td>General Education course 3</td>
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<tr>
<td>SPCOM 103: Speaking &amp; Listening</td>
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<td>MATH 121: College Algebra 4</td>
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<td><strong>TOTAL SEMESTER HOURS</strong> 14</td>
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<td><strong>Third Year</strong></td>
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<tr>
<td>EXHP Option Elective (lower division)</td>
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<td>EXHP 364: Kinesiology 3</td>
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<tr>
<td>EXHP 343: Measurement &amp; Evaluation</td>
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<td>EXHP Option Elective (upper division) 3</td>
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<td>Hours Outside the Major</td>
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<td>EXHP Option Elective (lower division) 2</td>
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<td>General Education courses</td>
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<td><strong>Fourth Year</strong></td>
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<tr>
<td>EXHP 344/344L: Exercise Physiology/Lab</td>
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<td>EXHP 436 Exercise Assessment 3</td>
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<td>Hours Outside the Major</td>
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<td>EXHP 461 Managing Programs in EXHPR 3</td>
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<td><strong>TOTAL SEMESTER HOURS</strong></td>
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<td><strong>TOTAL SEMESTER HOURS</strong> 14</td>
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<td><strong>Senior – Summer</strong></td>
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<tr>
<td>EXHP 494 Fieldwork (6 hrs) or EXHP 498 Internship (12 hrs)</td>
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</tr>
<tr>
<td><strong>TOTAL SEMESTER HOURS</strong></td>
<td>6/12</td>
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**DISCLAIMER:** The Academic Planning Sheet is designed as a guide for students planning their course selections. The information on this page provides only a suggested schedule. Actual course selections should be made with the advice and consent of an academic advisor. While accurately portraying the information contained in the college catalog, this form is not considered a legal substitute for that document. Students should become familiar with the catalog in effect at the time in which they entered CSU-Pueblo.
General Education Requirements: 18 semester hours
- ENG 101: English Composition I (3)
- ENG 102: English Composition II (3)
- Mathematics Course (3)
  - MATH 121: College Algebra (4)**
- Humanities Courses (9)
  - SPOM 103: Speaking and Listening (3)**
- History Course (3)
- Social Sciences Courses (6)
  - PSYCH 151: Human Development (3)** OR PSYCH 100: General Psychology (3)**
- Natural and Physical Sciences Courses (8) (2 courses with labs)
  - EXHP 162: Personal Health (3)**
  - EXHP 162L: Personal Health Lab (1)**
- Requirement Emphasis Courses
  - BOL 223: Human Physiology & Anatomy I (3)**
  - BOL 223L: Human Physiology & Anatomy I Lab (1)**

Course Completed elsewhere CSU-Pueblo equivalent
(Ex: English 101) (Ex: English 101)

Major Requirements:
Core Course Requirements for EXHPR Emphasis Areas: 27 credit hours
- AT 232: First Aid (2)
- EXHP 101: Introduction to EXHPR (2)
- BOL 112: Nutrition (3)
- EXHP 162: Personal Health (3)
- EXHP 162L: Personal Health Lab (1)
- EXHP 222: Behavior Facilitation (3)
- EXHP 343: Measurement and Evaluation (3)
- EXHP 344: Exercise Physiology (3)
- EXHP 344L: Exercise Physiology Lab (1)
- EXHP 364: Kinesiology (3)
- EXHP 461: Managing Programs in EXHPR (3)

Required Emphasis Courses (15-21 credit hours)
- EXHP 201: Drugs and Healthy Lifestyles (3)
- AT 261: Care and Prevention of Injuries (3)
- EXHP 436: Exercise Assessment (3)
- EXHP 494: Field Experience (1-5)
- OR EXHP 498 Internship (12)

13-19 credits from the following with a minimum of 4-10 upper divy. (The choice of internship or fieldwork in the previous area will determine the hours in the area below)
- REC 100L: Wilderness Technical Skills (1)
- REC 102: Mountain Orientation (2)
- REC 103: Winter Orientation (2)
- REC 104: Desert Orientation (2)
- REC 105: Canyon Orientation (2)
- EXHP 103L: Triathlon (1)
- EXHP 105L: Snow Sports (1)
- EXHP 106L: Martial Arts and Self-Defense (1)

Institutional Graduation Requirements:
- Total of 120 semester hours, minimum...
- Complete a minimum of 40 semester hours in upper-division courses.
- Overall cumulative grade point average of 2.00.
- A minimum of 60 semester hours must be earned from a four year institution. Of these, a minimum of 30 semester hours of credit must be earned in residence.
- Of the last 30 semester credits earned immediately preceding graduation, no more than 15 may be completed at other colleges or universities.
- All other requirements as specified in the Catalog.

Additional Major Graduation Requirements:
- Complete an emphasis of study with a cumulative GPA of 2.50 or higher
- Earn a minimum grade of a “C” in all prerequisite and major courses
- Repeat prerequisite and major courses with a grade of “D” or lower until a grade of “C” or higher is achieved; and
- Earn a cumulative of 2.0 or higher in required English and speech communication courses.

- EXHP 108L: Yoga (1)
- EXHP 109L: Volleyball (1)
- EXHP 110L: Weight Training (1)
- EXHP 111L: Commitment to Academic Excellence (1)
- EXHP 112L: Rock Climbing (1)
- EXHP 113L: Whitewater Boating (1)
- REC 114L: Basic Mountaineering Techniques (1)
- EXHP 116L: Camping (1)
- EXHP 117L: Backpacking (1)
- EXHP 118L: Logging (1)
- EXHP 120L: Aerobics (1)
- EXHP 123L: Zumba (1)
- EXHP 175L: Racquetball (1)
- EXHP 176L: Lifeguard Training (1)
- PSYCH 205: Intro to Sports Psychology (3)
- EXHP 205L: Snow Sports II (1)
- EXHP 208L: Yoga II (1)
- EXHP 233: History and Principles of PE and Recreation (2)
- REC 240: Recreation Program Design (3)
- EXHP 243: Methods of Rhythmic Activities (2)
- EXHP 245: Motor Learning and Development (3)
- REC 249: Challenge Course Leadership (2)
- REC 270: Outdoor Leadership I (2)
- AT 279: Practicum in Athletic Training I (2)
- EXHP 288: Health Promotion Practicum (3)
- REC 322: Wilderness First Aid (2)
- AT 323: Functional Exercise Training (2)
- EXHP 345: Methods of Physical Activities and Games I (2)
- EXHP 346: Methods of Physical Activities and Games II (2)
- EXHP 347: Methods of Fitness Instruction (1)
- EXHP 348: Methods of Individual and Dual Sports (3)
- REC 350: Leadership and Ethics (3)
- REC 360: Outdoor Education (3)
- REC 375: Research and Evaluation of Recreation (3)
- EXHP 382: Lifestyle Disease Risk Reduction (3)
- EXHP 432: Applied Sport Exercise Psychology (3)
- EXHP 464: Adapted Physical Education (3)
- EXHP 470: Methods of Coaching (3)
- EXHP 472: Coaching and Officiating Basketball (2)
- EXHP 475: Coaching and Officiating Volleyball (2)
- EXHP 482: Coaching and Officiating Wrestling (2)
- EXHP 483: Coaching and Officiating Baseball (2)
- EXHP 484: Coaching and Officiating Soccer (2)
- REC 485: Recreation Facility Design/Management (3)
- EXHP 492: Research (1-3)

Other Required Courses
- BOL 223/223L: Human Physiology & Anatomy I Lab (4)**
- BOL 224/224L: Human Physiology & Anatomy II Lab (4)
- CIS 100: Intro to Word and Windows (1)
- CIS 103: Power Point and Web Publishing (1)
- CIS 104: Excel Spreadsheets (1)
- MATH 121: College Algebra (4)**
- PSYCH 151: Human Development (3)** OR PSYCH 100: General Psychology (3)**
- SPOM 103: Speaking and Listening (3)**

(Courses italicized meet General Education requirements)

Hours Outside the Major: 20 semester-hours