

Exercise Physiology

UHSP #	UHSP Course Title	Hours	McKendree	Hours	McK Exercise Science and Sport Perf.	McKendree Graduation Requirements
BIOL-1100	Modern Biology	4	BIO-101	4	Biology for Life	Minimum 120 hours to graduate
CHEM-1100	Chemistry and Society	4	CHE-100	4		30 hours 300/400 level courses
MATH-1109	Precalculus for Health Sciences	3	MTH-133	3		30 hours at McKendree
WRIT-1101	The Effective Writer	3	ENG-111	3		30 hours of general education core required courses
	Foundations of Learning	1	UNI-101	1		2 writing intensive courses
COMM-1100	Fundamentals of Public Speaking	3	COM-100	3		A maximum of 90 hours are accepted in transfer credit
EXSC-2205	Introduction to Exercise Science	3	PED-157	3	Foundations of Health Professions	
MATH-1105	Introduction to Statistics	3	MTH-170	3		
WRIT-1102	Writer as Advocate	3	ENG-112	3		
PSYC-2210	Principles of Psychology	4	PSY-153	4		
BIOL-2280	Anatomy and Physiology I	3	BIO-308	3	Human Anatomy and Physiology I	
EXSC-2200	Care and Prevention of Injuries	3	ATH-408	3		
	Humanities and Fine Arts General Education	3	GEN-ED	3		
BIOL-1101	Medical Terminology	3	ATH-200	3		
	Elective	4	GNL-ELEC	4		
BIOL-2282	Anatomy and Physiology II	3	BIO-309	3	Human Anatomy and Physiology II	
BIOL-2260	Nutrition	3	HPE-300	3	Human Nutrition	
	Humanities and Fine Arts General Education	3	GEN-ED	3		
PSYC_2220	Developmental Psychology	3	PSY-210	3		
	Elective	4	GNL-ELEC	4		
EXSC-3390	Exercise Physiology	3	PED-349	3	Physiology of Exercise	
EXSC-3300	Motor Learning and Control	3	PED-365	3	Motor Development Across the Lifespan	
EXSC-3310	Psychosocial Aspects of Physical Activity	3	PED-404	3	Motor Learning	
PHYS-3200	Physics	4	PHY-211	4		
	Elective	3	GNL-ELEC	3		
EXSC-4395	Advanced Exercise Physiology	3	PED-ELEC	3		
EXSC-3305	Sports Nutrition	3	HPE-325	3	Exercise Nutrition	
	Humanities and Fine Arts General Education	3	GEN-ED	3		
	300- or 400-Level Writing Intensive Elective	3	GNL-ELEC	3		
EXSC-4400	Biomechanics	3	PED-403	3	Kinesiology	
EXSC-4410	Scientific Principles of Strength Training and Conditioning	3	PED-455	3	Concepts of Resistance Training	
	Elective	3	GNL-ELEC	3		
	Elective	3	GNL-ELEC	3		
	Elective	3	GNL-ELEC	3		
EXSC-4405	Exercise Testing and Prescription	4	HPE-250	4	Assessment Through Test and Measurements for Health Professions	
EXSC-2100	Cardiopulmonary Resuscitation (CPR) and First Aid	1	PED-206	1	First Aid	
EXSC-4420	Exercise Physiology Capstone	3	PED-492	3	Seminar in Exercise Science and Sports Performance	
	300- or 400-Level Writing Intensive Elective	3	GNL-ELEC	3		
	Elective	3	GNL-ELEC	3		
		120				
	McK major required courses should be used in place of electives when possible.		McK Major Req.			
			HPE-158	3	Health and Wellness	
			HPE-200	3	Foundations of Human Movement	
			PED-121	0.5	Principles of Strength Training	
			PED-124	0.5	Principles of Speed, Agility, and Quickness	
			PED-126	0.5	Advanced Strength Training	
			PED-465	3	Sport and Health Psychology	
			PED-358	4	Instruction and Application for Sports Performance	
			PED-357	3	Administration and Development of Physical Activity Programming	
			PED-405	3	Evaluation and Research in Exercise Science and Sport	
			PED-460	2	First Aid/CPR/AED Instructor	
			PED-470	4	Internship in Exercise Science and Sports Performance	