

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/

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 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>

Pre-Applied Exercise & Health
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	
15			15		
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
16			14		

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	
14			16		

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
16			14		

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.