

*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/

Major Requirements (52 credits)

- ___ (3) HK 10000 Foundations of Kinesiology
- ___ (1) HK 13500 Introduction to Health & Kinesiology
- ___ (3) HK 21500 Basic Public Health Studies
- ___ (2) HK 22100 Introduction to Methods of Small and Large Group Exercise Instruction (prerequisite: HK 10000)
- ___ (3) HK 26100 Applied Anatomy & Kinesiology (prerequisite: BIOL 20400)
- ___ (3) HK 26400 Principles of Motor Learning, Development, & Biomechanics
- ___ (1) HK 26900 Career Development and Preparation for the Health and Fitness Fields
- ___ (3) HK 30200 Applied Clinical Anatomy (prerequisite: BIOL 20400)
- ___ (2) HK 31500 Group Fitness Leadership (prerequisite: HK 22100)
- ___ (2) HK 31600 Foundations of Strength and Conditioning (prerequisite: HK 22100)
- ___ (3) HK 36600 Health Behavior & Health Promotion (prerequisite: HK 21500)
- ___ (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) HK 41100 Clinical Applications of Health/Fitness Concepts III (prerequisites: HK 42200, HK 42400, HK 46900)
- ___ (3) HK 42100 Health Screening & Fitness Evaluation (prerequisite: HK 36800)
- ___ (3) HK 42200 Basic Concepts in Exercise Program Design (prerequisite: HK 42100)
- ___ (3) HK 42400 Health & Fitness Program Management (prerequisites: HK 31500, HK 31600)
- ___ (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.

Required Courses in Other Departments (35-39 credits)

- ___ (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) COM 11400 Fundamentals of Speech Communication **[Fulfills Oral Communication Core]**
- ___ (4-3) ENGL 10600 First-Year Composition *OR* ENGL 10800 Accelerated First-Year Composition **[Fulfills Written Communication Core] and [Information Literacy Core]**
- ___ (3) HDFS 21000 Introduction to Human Development
- ___ (3) MA 15300 Algebra & Trigonometry I (prerequisite: ALEKS Math Assessment 045) *OR* higher from University list *except* MA 15555 **[Fulfills Quantitative Reasoning Core]**
- ___ (3) NUTR 30300 Essentials of Nutrition
- ___ (3) PSY 12000 Elementary Psychology **[Fulfills Behavior/Social Science Core]**
- ___ (3) STAT 11300 Statistics and Society **[Fulfills Science, Technology & Society Core]** *OR* STAT 30100 Elementary Statistical Methods
- ___ (3) _____ 10100 Other Language **[Fulfills Humanities Core]**
- ___ (3) _____ 10200 Other Language *(Total of 6 credits - must be from one language)*
- ___ (0-3) _____ **[Science, Technology & Society Core]** – *select from University list (STAT 11300, if selected for STAT requirement, fulfills this requirement)*

Requirements continued on next page

Electives (29-33 credits)

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

At least 32 credits of Purdue coursework required at 30000 level or higher. *APEX includes 39 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

HK-UND
APEP

Suggested Arrangement of Courses:

Credits	Fall 1st Year	Prerequisite	Credits	Spring 1st Year	Prerequisite
4	BIOL 20300* (Fall Only) ^{CC}		4	BIOL 20400* (Spring Only) ^{CC}	BIOL 20300
3	COM 11400 ^{CC}		4-3	ENGL 10600* or ENGL 10800 ^{CC}	
3	MA 15300 ^{CC}	ALEKS score of 045	3	HK 10000 ^{CC}	
3	PSY 12000 ^{CC}		1	HK 13500 ^{CC}	
3	Other Language 10100*		3	Other Language 10200	Other Language 10100
16			14-15		

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
3	HK 21500		3	HDFS 21000	
2	HK 22100 ^{CC}	HK 10000	3	HK 26400 (Spring Only)	
3	HK 26100	BIOL 20400	2	HK 31500 ^{CC}	HK 22100
3	HK 36800 ^{CC}	BIOL 20400	3	HK 42100 ^{CC}	HK 36800
3	STAT 11300* or STAT 30100		3	Elective	
1	Elective		1	Elective	
15			15		

Personal Trainer certification required before HK 31600

Credits	Fall 3rd Year	Prerequisite	Credits	Spring 3rd Year	Prerequisite
3	HK 30200 (Fall Only)	BIOL 20400	1	HK 26900	
2	HK 31600 ^{CC}	HK 22100	3	HK 42400 ^{CC}	HK 31500 & HK 31600
3	HK 36600 (Fall Only)	HK 21500	3	HK 46800	HK 36800 (C- or higher)
3	HK 42200 ^{CC}	HK 42100	3	HK 46900 ^{CC}	HK 42100
3	Elective		3	NUTR 30300	
0-1	Elective		3	Elective	
14-15			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	3	Elective	
1	HK 41100 ^{CC}	HK 42200, HK 42400, & HK 46900	3	Elective	
3	Elective		3	Elective	
3	Elective		1	HK 49200 (400 hour Internship)	HK 26900 & Instructor Approval
3	Elective			Note: Students may also do internship during the summer and graduate in August.	
16			13		

^{CC} = Critical Course

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.