Bachelor of Arts in Health & Human Physiology
Exercise Science Track
www.uiowa.edu/hhp

Health & Human Physiology Core—15 SH
□ 027:039 Physical Activity & Health (3sh)
□ 027:040 Nutrition & Health (3sh)
□ 027:053 Human Anatomy (3sh)
□ 027:050 Fundamentals of Human Physiology (3sh)
□ 027:140 Fund. of Exercise Phys. (3sh, PreReq 027:050)

Chemistry – One from:
□ 004:008 General Chemistry II (3sh)
□ 004:012 Principles of Chemistry II (4sh)

Biology – One from:
□ 002:002 Introductory Animal Biology (4sh)
□ 002:031 Foundations of Biology (4sh)
□ 002:021 Human Biology (4sh)

Mathematics or Statistics—One from:
□ 22M:009 Elementary Functions (4sh)
□ 22M:015 Math for the Bio Sciences (4sh)
□ 22M:016 Calc for the Bio Sciences (4sh)
□ 22M:017 Calc & Matrix Alg for Business (4sh)
□ 22M:025 Calculus I (4sh)
□ 22S:008 Statistics for Business (4sh)
□ 22S:025 Elementary Stats and Inference (3sh)
□ 22S:101 Biostatistics (3sh)
□ 22S:102/07P:143 Intro to Stat Methods (3sh)
□ 171:161 Introduction to Biostatistics (3sh)

Exercise Science Core – 19sh
□ 027:076 Psychological Aspects of Sport and Physical Activity (3sh)
□ 027:133 Sport and Exercise Nutrition (3sh, PreReq 027:039, 040)
□ 027:138 Metabolic Testing & Rx (4sh, PreReq 027:039, CoReq 027:140)
□ 027:139 Musculoskeletal Testing & Rx (4sh, PreReq 027:039, CoReq 027:140)
□ 027:151 Understanding Human Disease (3sh, PreReq 027:050)
□ 027:197 Biomechanics of Human Motion (3sh)

Exercise Science Electives – 8sh, 6sh at 100-level or above
□ 027:030 Principles of Exercise Leadership (3sh, PreRq 027:039)
□ 027:051 Human Physiology Laboratory (1sh)
□ 027:054 Human Anatomy Laboratory (1sh)
□ 027:057 Basic Athletic Training (3sh)
□ 027:117 Human Growth & Motor Development (3sh)
□ 027:128 Obesity: Causes, Consequences, Prev. (3sh, PreReq 027:039, 040)
□ 027:131 Coaching for Health & Wellness (3sh, PreReq 027:039, 040)
□ 027:150 Clinical Exercise Physiology (3sh, PreReq 027:130, 141)
□ 027:158 Motor Learning (3sh)
□ 027:159 Scientific Basis of Training for Elite Perf. (3sh, PreReq 027:139)
□ 027:162 Exercise Science Practicum (1sh, with instructor consent )
□ 027:174 Advanced Sport and Exercise Psychology (3sh, PreReq 027:076)
□ 028:180 Theory & Ethics of Coaching (3sh)
□ 169:148 Introduction to Personal Training (3sh)
□ 169:151 Liability in Recreation & Sport (3sh)
□ Leadership for the Fitness Professional (course underdevelopment)

Notes
See your degree audit for progress on degree requirements, including second majors, minors, or certificates.