Exercise Science Program

**Change in Approved Plan of Study**

Obtaining a Bachelor of Science degree in Exercise Science (ES) is based upon completing the program’s curriculum successfully. The approved ES curriculum program at FGCU is based upon the two-plus-two concept used in Florida’s State University System. The lower division, program prerequisite and University requirements (preprofessional phase) are completed prior to entry into the ES program, usually during the first two years of academic study. The professional phase or upper division coursework (i.e. the ES major requirements) is completed after all program prerequisites and general education requirements are fulfilled. The professional phase includes a minimum of 60 semester hours completed in five sequential terms during a two year period of time.

The professional phase requirements usually necessitate a student completing full-time credit hours (12-15) during the terms a student is in the Exercise Science program. The approved curriculum plan for Exercise Science students is the following:

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| *Fall term 1st Year** APK 3141C-Anat and Biomech Human Mvmt I (3)
* PHY 2053C- College physics I (4)
* APK 3125-Fitness Assessment and Exercise Prescription (3)
* APK 3125L-FA & EP lab (2)
* APK 3931-Selected topics in HP (1)

Semester Credit Hours 13 | *Spring term 1st Year** APK 3312-Pharmacology and Ergogenic Aids in Sport and Human Performance (2)
* APK 3142C-Anat and Biomech Human Mvmnt II (3)
* APK 4138-Methods of RT and Conditioning (3)
* APK 4138L-Methods of RT and Cond Lab (2)
* APK 4050-Evidence Based Practice (3)

Semester Credit Hours 13 | *Summer term 1st Year** APK 4137-Exercise and Sport Physiology (4)
* APK 4137L-Exercise and Sport Physiology Lab (2)
* PET 3627C-Care and Prevention of Exercise Injuries (3)

Term Credit Hours 9 |
| *Fall term 2nd Year** APK 4123-Human Performance and Energy Supplies (2)
* APK 4120-Clinical Exercise Physiology (3)
* APK 4112 Sport Psychology (3)
* APK 4941L- Experiential Learning I (*full-time experience*) (5)

Semester Credit Hours 13 | *Spring term 2nd Year** IDS 3920-University Colloquium (3)
* APK 4930-Preparation for Entering and Grow the Profession (2)
* APK 4951-Capstone in Exercise Science (2)
* APK 4948L-Experiential Learning II (*full-time experience*) or restricted elective (5)
* Semester Credit Hours 12
 | **Total Credit Hours in ES program = 60*****Minimum Credit Hours to Graduate = 120***LEGEND:* Denotes Honors option
* Already taken course prior to ES
* Removed course
* Added course
* Honors embedded option
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Due to the rigor and applied nature of the Exercise Science program, students are advised against altering the Department of Rehabilitation Sciences’ approved curriculum plan of study. Students who alter their plan of study risk completing the Exercise Science program successfully *or* in a timely manner. Additionally, students who alter their plan of study are not guaranteed Experiential Learning opportunities that would allow them to coordinate registering for courses that are of either a traditional nature (i.e. face to face) or virtual learning format.

I, acknowledge that I have been advised against changing my plan of study and am aware of the possible consequences if changes are made to my plan of study; however, I am electing to request a change in my pre-approved plan of study. Furthermore, I understand that any request to modify my plan of study requires that I submit a request to do so to my faculty advisor as outlined in the ES student guidebook. I recognize that failure to follow the guidelines set forth in the ES student guidebook could result in probation and/or dismissal from the ES program.

Name (signature) Date

Exercise Science Program Advisor Date