



















PRE-MED, EMPHASIS (STRENGTH AND CONDITIONING)

The Pre-Med area of emphasis is designed for students wishing to apply for professional physical therapy programs. Adding this area of emphasis may require students to take beyond 15 hours per semester or to take summer classes in order to complete their degree program in four years.

Course Requirements

 - General Education Course


 - Milestone course: a key success marker for your major. See your advisor to discuss the importance of this course in your plan of study.


| Code | Title | Credit Hours |
|---|---|--------------|
| Math Requirements for Physics: Select from the Following ¹ | | 5-8 |
| MTH 127  & MTH 122  | College Algebra-Expanded and Plane Trigonometry | |
| MTH 130  & MTH 122  | College Algebra and Plane Trigonometry | |
| MTH 132  | Precalculus with Sci Applica | |
| PHY 201  | College Physics I | 3 |
| PHY 202  | General Physics I Laboratory | 1 |
| PHY 203  | College Physics II | 3 |
| PHY 204  | General Physics 2 Laboratory | 1 |
| CHM 211  | Principles of Chemistry I ² | 3 |
| CHM 217  | Principles of Chem Lab I | 2 |
| CHM 212  | Principles Chemistry II | 3 |
| CHM 355 | Organic Chemistry I | 3 |
| CHM 218  | Principles of Chem Lab II | 2 |
| CHM 356 | Organic Chemistry II | 3 |
| CHM 361 | Intro Organic Chm Lab | 3 |
| CHM 365 | Introductory Biochemistry | 3 |
| BSC 120  | Principles of Biology I | 3 |
| BSC 120L  | Principles of Biology I Lab | 1 |
| BSC 121  | Principles of Biology II | 3 |
| BSC 121L  | Prin of Biology II Lab | 1 |
| PSY 311 | Child Development | 3 |
| PSY 312 | Adult Development | 3 |
| Total Credit Hours | | 49-52 |

¹ Course selection based on pre-requisites or placement exam.





² CHM 111 may be required based on pre-requisites or placement exam.

Semester Plan






 - General Education Course

 - Milestone course: a key success marker for your major. See your advisor to discuss the importance of this course in your plan of study.

First Year







| First Semester | | Credit Hours |
|--|---|--------------|
| HS 200  | Comp Medical Terminology (CT) | 3 |
| FYS 100 | First Yr Sem Critical Thinking | 3 |
| ENG 101  | Beginning Composition | 3 |
| UNI 100 | Freshman First Class | 1 |
| MTH 127  or MTH 130  | College Algebra-Expanded or College Algebra | 3-5 |
| Credit Hours | | 13-15 |

Second Semester



| | | |
|---|---|-----------|
| BSC 227 | Human Anatomy | 3 |
| BSC 227L | Human Anatomy Lab | 1 |
| HS 265  | Fund Video Analysis Mvmt (CT) | 3 |
| ENG 201  | Advanced Composition | 3 |
| MTH 122  | Plane Trigonometry | 3 |
| CHM 211  & CHM 217  | Principles of Chemistry I and Principles of Chem Lab I ¹ | 5 |
| Credit Hours | | 18 |

Second Year

First Semester




| | | |
|---|--|-----------|
| BSC 228  | Human Physiology | 3 |
| BSC 228L  | Human Physiology Lab | 1 |
| HS 365 | Functional Kinesiology | 3 |
| HS 365L | Functional Kinesiology Lab | 1 |
| CHM 212  & CHM 218  | Principles Chemistry II and Principles of Chem Lab II ¹ | 5 |
| PHY 201  & PHY 202  | College Physics I and General Physics I Laboratory ¹ | 4 |
| Credit Hours | | 17 |





Second Semester

| | | |
|---|--|-----------|
| CMM Elective | | 3 |
| ESS 442 | Princ of Strength & Cond | 3 |
| ESS 443 | Prin of Strength Cond Lab | 1 |
| ESS 345 | Exercise Physiology | 3 |
| PHY 202  & PHY 204  | General Physics I Laboratory and General Physics 2 Laboratory ¹ | 4 |
| Credit Hours | | 14 |

Third Year

First Semester

| | | |
|--|---|---|
| HS 465 | Biomechanical Analy of Mvmt | 3 |
| PSY 223  | Elem Behavioral Stat | 3 |
| ESS 478 | Energy Sources Body Comp | 3 |
| BSC 120  & BSC 120L  | Principles of Biology I and Principles of Biology I Lab | 4 |

| | | |
|--|--|----------------|
| PSY 201  | Introductory Psychology (CT) (Core II SOcisl Science) | 3 |
| Core II Humanities | | 3 |
| Credit Hours | | 19 |
| Second Semester | | |
| PSY 405 | Sport Psychology | 3 |
| PSY 440 | Physiological Psychology | 3 |
| Fine Arts Elective | | 3 |
| ESS 375 | Fitness Assess & Exerc Prescr | 3 |
| BSC 121  | Principles of Biology II | 4 |
| & BSC 121L  | and Prin of Biology II Lab | |
| Credit Hours | | 16 |
| Fourth Year | | |
| First Semester | | |
| ESS 492 | Strength & Condit Clin Fld Exp | 3 |
| HS 369 | Motor Learning | 3 |
| HS 410 | Organ Admin in Kines | 3 |
| DTS 210 | Nutrition | 3 |
| CHM 365 | Introductory Biochemistry | 3 |
| CHM 355 | Organic Chemistry I ¹ | 3 |
| Credit Hours | | 18 |
| Second Semester | | |
| ESS 491  | Internship Exercise Science | 6 |
| ESS 450 | Drug and Sport | 3 |
| CHM 356 | Organic Chemistry II ¹ | 3 |
| CHM 361 | Intro Organic Chm Lab | 3 |
| Credit Hours | | 15 |
| Total Credit Hours | | 130-132 |

¹ May be taken in Summer.