

Bachelors of Science in Exercise Science and Human Performance

Course # & Name	Credits	Pre-requisites	Min. Grade
FNES 201 – Intro to Research Methods in Exercise Science (Spring only)	3	none	C
FNES 211 – Intro to Assessment & Physical Activity	3	none	B-
FNES 213 Aerobic & Anerobic Training	3	FNES 211	B-
FNES 230 – Exercise, Energy Balance Weight Control	3	none	C
FNES 261 – Nutrition Concepts	3	none	C
FNES 340 - Kinesiology	3	none	C
FNES 341 - Biomechanics	3	FNES 340	C
FNES 342 – Physiology of Muscular Activity	3	Bio 40, FNES 201	C
FNES 344 – Intro to Exercise Physiology Lab Techniques Spring only	3	FNES 342	C
FNES 352 - Physiological Principles of Exercise Training Spring only	3	FNES 213, 342	C
FNES 353 - Fitness Assessment & Prescription of Exercise Programs Fall only	3	FNES 211, 213, 342	C
FNES 355 Advanced Strength Training Fall only	3	FNES 213, 352	B-
FNES 361 – Sports Nutrition	3	FNES 261	C
FNES 363 Business & Professional Practices Fall only	3	Taken in semester prior to FNES 377	C
FNES 377 – Internship in Exercise Science I	3	FNES 353, 363, or permission	C
FNES 387 – Internship in Exercise Science II	3	FNES 377	C
PSYCH 101 – General Psychology	3		C
^Dept. Approved Elective 1 - 2	≥3	See Table below	
BIO 40	4	none	C
BIO 41	4	Bio 40	C

^Department Approved Electives: minimum grade requirement C or better

Course Name	Comments
FNES 101 - Science of Foods	
FNES 210 – Independent Study in Exercise Science	Permission of Program Director
FNES 343 – Motor Learning	limited to 3 seats/ section/semester
FNES 253 – Psychology of Sport	limited to 3 seats/ section/semester
FNES 394 – Research in Exercise Science	Hung, Quiles, Balachandran, McFadden – permission of instructor
PSYCH 217 – Life Span & Development	pre-req PSYCH 101
PSYCH 255 – Health Psychology	pre-req. Psych 101
PSYCH 257 -Sport Psychology	pre-req. PSYCH 101
PSYCH 231- Psychology of Human Motivation	pre-req. PSYCH 101
PSYCH 243 – Introduction to Behavioural Neuroscience	pre-req. PSYCH 101

Information is subject to change, please contact the department for the most updated requirements