

**HOFSTRA UNIVERSITY**  
**MAJOR PROGRAM OF STUDY: B.S. in EXERCISE SCIENCE**

**Liberal Arts Courses**

Course No.	Course Name	s.h.
12 s.h LA Elective		12
12 s.h.LA Elective		12
3 s.h. LA Elective		3
SPCM 1, 7 or 11	Speech Requirement	3
Humanities	Elective	3
SOC 004	Contemporary Society	3
PSY 001	Into to Psychology	3
PSY 89	Health Psychology and Behavioral Medicine	3
PSY 53, 54 or 63	Child, Adolescent, or Adult Psychology	3
BIO 3,4,11,12, or 50	Natural Science Elective	3
BIO 103+^	Anatomy & Physiology I	3
BIO 105+^	Anatomy & Physiology II	3
BIO 106+^	Physiology of Exercise	3
WSC 001	Writing & Comp 1	3
WSC 002	Writing & Comp 1	3
<b>TOTAL</b>		<b>64 s.h.</b>

**Additional Requirements**

Course No.	Course Name	s.h.
CRSR 116	Clinical Experience in AT	3
Statistic/Research/ Math/Computer Req.	Math 8, QM 1, BIO 100, S 91, QTB 2, RES 119, SOC 81, PSY 40 (4 cr), or SOC180 (4 cr) CSC 005	3
Business Req	MKT, MGT, FIN, ECO, etc	3
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<b>TOTAL</b>		<b>12 s.h.</b>

**Professional/ In-Major Courses**

Course No.	Course Name	s.h.
PESP/HPFS Elective^	E.g., PESP 191, 159, etc	3
HPFS 62^	Personal and Community Health	3
HPFS 66^	Drugs and Alcohol	3
HPFS 70^	Epidemiology	3
HPFS 69^	Stress Management	1
HPFS 114 or PESP 191^	Applied Nutrition or Sports Nutrition	3
PESP 38B or 193^	Weight Training or Resistance Exercise Techniques & Progressions	1-2
PESP 25^	Fitness for Life	2
PESP 35^	Yoga	2
PESP 31 or 100^	Beginner Swim or Swim for Fitness	1-2
PESP 111B^	Aerobic Dance	2
PESP 60 or 61!+^	First Aid and CPR or First Aid for Activity Professionals	2-3
PESP 106+^	Kinesiology	3
PESP 161+^	Care & Prevention of Athletic Injuries	3
PESP 194+^	Internship: Health, Fitness Evaluation	3
PESP 196+^	Applied Exercise Physiology	3
PESP 197^	Cardiac Rehab	3
<b>CLINICAL EXPERIENCE</b>		
PESP 199^	Practicum (internal)	3
PESP 149A^	Internship (external) – 150 hours	3
PESP 149B^	Internship (external) – 150 hours	3
<b>TOTAL</b>		<b>46 s.h.</b>

+Counts towards in-major GPA

^ Must earn C- or better to pass