

Name: _____ UMS: _____

Exercise and Health Sciences Pre-Advising Worksheet

Using information from a current degree check the off the requirements that you have already satisfied or are currently working to satisfy. Access your degree audit online at

<http://wiser.umb.edu/>

All concentrations must complete the following general education classes:

- | | |
|---|--|
| <input type="checkbox"/> ENGL 101 and 102 | <input type="checkbox"/> 2 World Language/World Culture |
| <input type="checkbox"/> NU 107 1 st yr seminar ^a | <input type="checkbox"/> 2 Arts and/or Humanities |
| <input type="checkbox"/> NU 212 Intermediate seminar ^b | <input type="checkbox"/> 2 Social and Behavioral Sciences ^e |
| <input type="checkbox"/> Quantitative Reasoning ^c | 2 Natural Sciences ^f |
| <input type="checkbox"/> 2 Diversity Courses ^d | |
- Writing Proficiency Evaluation (WPE) (Must successfully complete before enrolling in EHS 490)

^a NU 107 or another 1st year seminar is required by students that matriculate with < than 30 credits

^b NU 212 or another intermediate seminar is required

^c EHS 280-Statistics for Health Professionals fulfills this requirement

^d EHS 220-Adapted Physical Activity and EHS 260-Physical Activity and Health fulfills this requirement

^e EHS 340-Health Behavior Change satisfies a Social and Behavioral Sciences requirement for EHS students

^f BIOL 207 and BIOL 208 satisfy these

Students complete the following core classes:

- | | |
|-----------------------------------|---|
| <input type="checkbox"/> BIOL 207 | Anatomy and Physiology I (Pre-req: BIOL 111) (Natural Science) |
| <input type="checkbox"/> BIOL 208 | Anatomy and Physiology II (Pre-req: BIOL 111) (Natural Science) |
| <input type="checkbox"/> EHS 120 | Careers in Exercise and Health |
| <input type="checkbox"/> EHS 150 | Intro to Nutrition |
| <input type="checkbox"/> EHS 160 | Fitness and Wellness |
| <input type="checkbox"/> EHS 220 | Adapted Physical Activity (Pre-req: EHS 160) (Diversity Course) |
| <input type="checkbox"/> EHS 240 | Prevention and Care of Sport Injuries |
| <input type="checkbox"/> EHS 260 | Physical Activity and Health (Diversity Course) |
| <input type="checkbox"/> EHS 280 | Statistics for Health Professionals (Pre-req: Math 114Q/equiv. or higher placement) |
| <input type="checkbox"/> EHS 310 | Applied Kinesiology (Pre-req: BIOL 207 and BIOL 208) |
| <input type="checkbox"/> EHS 340 | Health Behavior Change (Social/Behavioral Science) |
| <input type="checkbox"/> EHS 360 | Wellness Coaching Techniques (Pre-req: EHS 340) |
| <input type="checkbox"/> EHS 490 | Internship |

Students will declare concentration in Health Science, Fitness Instruction and Management, or Exercise Science.

Students complete the following courses for Health Science concentration:

- | | |
|---|--|
| <input type="checkbox"/> EHS 460 | Advanced Topics I (Pre-req: EHS 260 and EHS 280) |
| <input type="checkbox"/> EHS 470 | Advanced Topics II (Pre-req: EHS 460) |
| <input type="checkbox"/> CHEM 115/117 | Chemical Principles I |
| <input type="checkbox"/> CHEM 116/118 | Chemical Principles II |
| <input type="checkbox"/> PSY 100 or 101 | Intro to Psychology |
| <input type="checkbox"/> EHS elective | |
| <input type="checkbox"/> EHS elective | |

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Free electives*

Students complete the following courses for Fitness Instruction and Management concentration:

- EHS 230 Strength and Conditioning
- EHS 300 Fitness Assessment (Pre-reqs: EHS 160)
- EHS 370 Exercise Program Design (Pre-req: EHS 380)
- EHS 380 Exercise Physiology I (Pre-reqs: BIOL 207 and BIOL 208)
- EHS 400 Practicum in Adult Fitness (Pre-reqs: EHS 300, EHS 370, Healthcare Provider CPR)
- EHS 440 Health Fitness Management (Pre-req: EHS 380 and MGT 130)
- MGT 130 Intro to Business
- AF 210 Financial Accounting (Pre-reqs: 30 credits)
- EHS elective
- EHS elective
- Free electives*

Students complete the following courses for Exercise Science concentration:

- EHS 350 Obesity and Weight Management (Pre-req: EHS 150 and EHS 260)
- EHS 380 Exercise Physiology I (Pre-reqs: BIOL 207 and BIOL 208)
- EHS 390 Exercise Physiology II (Pre-req: EHS 380)
- EHS 410 Exercise and Aging (Pre-req: EHS 380)
- EHS 420 Pediatric Exercise (Pre-req: EHS 380)
- EHS 460 Advanced Topics I (Pre-req: EHS 260 and EHS 280)
- EHS 470 Advanced Topics II (Pre-req: EHS 460)
- EHS 480 Clinical Exercise Physiology (Pre-reqs: BIOL 207, BIOL 208 and EHS 160)
- EHS elective
- Free electives*

* Free electives can be chosen from any college. The number of free electives required depends on which concentration is being pursued and transfer credit (if applicable). Free electives are used to earn 120 credits for graduation.

Effective: spring 2006

What courses do you plan to take next semester?	
Course Name	# Credits
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
Semester Total:	_____

To be completed at the advising session:

Student Signature _____

Date _____

Advisor Signature _____

Date _____