

College of Nursing and Health Sciences
Exercise and Health Sciences

www.ehs.cnhs.umb.edu



Curriculum Plans for Exercise and Health Sciences

All concentrations must complete the following basics: (28 Credits)

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| _____ (6) ENGL 101 & 102 | _____ (6) 2 World Language/World Culture |
| _____ (4) NU 107 1 st yr seminar ^a | _____ (6) 2 Arts and/or Humanities |
| _____ (3) NU 212 Intermediate seminar ^b | _____ (3) 2 Social and Behavioral Sciences ^e |
| _____ (0) Quantitative Reasoning ^c | _____ (0) 2 Natural Sciences ^f |
| _____ (0) 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: (50 Credits)

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|--------------------|---|
| _____ (4) BIOL 207 | Anatomy and Physiology I (Natural Science) |
| _____ (4) BIOL 208 | Anatomy and Physiology II (Natural Science) |
| _____ (3) EHS 120 | Careers in Exercise and Health |
| _____ (3) EHS 150 | Intro to Nutrition |
| _____ (3) EHS 160 | Fitness and Wellness |
| _____ (3) EHS 220 | Adapted Physical Activity (Pre-req: EHS 160) (Diversity Course) |
| _____ (3) EHS 240 | Prevention and Care of Sport Injuries |
| _____ (3) EHS 260 | Physical Activity and Health (Diversity Course) |
| _____ (3) EHS 280 | Statistics for Health Professionals (Pre-req: Math Q114/equiv. or higher placement) |
| _____ (3) EHS 310 | Applied Kinesiology (Pre-req: BIOL 207 and BIOL 208) |
| _____ (3) EHS 340 | Health Behavior Change (Social/Behavioral Science) |
| _____ (3) EHS 360 | Wellness Coaching Techniques (Pre-req: EHS 340) |
| _____ (12) EHS 490 | Internship |

Students will declare concentration in Health Science, Fitness Instruction and Management, or Exercise Science. Specific courses for these concentrations are listed on the back of this page.

Students complete the following courses for Health Science concentration: (42 Credits)

_____ (3) EHS 460	Advanced Topics I (Pre-req: EHS 260 and EHS 280)
_____ (3) EHS 470	Advanced Topics II (Pre-req: EHS 460)
_____ (4) CHEM 115/117	Chemical Principles I
_____ (4) CHEM 116/118	Chemical Principles II
_____ (3) PSY 100	Intro to Psychology
_____ (3) EHS elective	
_____ (3) EHS elective	
_____ (19) Electives (any)	

Students complete the following courses for Fitness Instruction and Management concentration (42 Credits)

_____ (3) EHS 230	Strength and Conditioning
_____ (3) EHS 300	Fitness Assessment (Pre-reqs: EHS 160)
_____ (3) EHS 370	Exercise Program Design (Pre-req: EHS 380)
_____ (4) EHS 380	Exercise Physiology I (Pre-reqs: BIOL 207 and BIOL 208)
_____ (3) EHS 400	Practicum in Adult Fitness (Pre-reqs: EHS 300, EHS 370, CPR cert.)
_____ (3) EHS 440	Health Fitness Management (Pre-req: EHS 380 and MGT 130)
_____ (3) MGT 130	Intro to Business
_____ (3) AF 210	Financial Accounting (Pre-reqs: 30 credits)
_____ (3) EHS elective	
_____ (3) EHS elective	
_____ (11) Electives (any)	

Students complete the following courses for Exercise Science concentration (42 Credits)

_____ (3) EHS 350	Obesity and Weight Management (Pre-req: EHS 150 and EHS 260)
_____ (4) EHS 380	Exercise Physiology I (Pre-reqs: BIOL 207 and BIOL 208)
_____ (4) EHS 390	Exercise Physiology II (Pre-req: EHS 380)
_____ (3) EHS 410	Exercise and Aging (Pre-req: EHS 380)
_____ (3) EHS 420	Pediatric Exercise (Pre-req: EHS 380)
_____ (3) EHS 460	Advanced Topics I (Pre-req: EHS 260 and EHS 280)
_____ (3) EHS 470	Advanced Topics II (Pre-req: EHS 460)
_____ (3) EHS 480	Clinical Exercise Physiology (Pre-reqs: BIOL 207, BIOL 208 and EHS 160)
_____ (3) EHS elective	
_____ (13) Electives (any)	

TOTAL: 120 Credits

Effective: spring 2006