

Florida Atlantic University - Exercise Science & Health Promotion 2025-2026

Students must take 2 of the following courses, 1 must be from group A. The second course may be in group A or group B.

I. Communication

(Group A)

ENC 1101 College Writing I **(WAC) (Required)**
Or a course with an ENC prefix for ENC 1101 is a direct prerequisite

(Group B)

ENC 1102 College Writing II **(WAC) +**
 HIS 2050 Writing History **(WAC) +**
 SPC 2608 Public Speaking (non-WAC)

II. Humanities

(Group A)

ARH 2000 Art Appreciation
 HUM 2020 Introduction to Humanities
 HUM 2020 Honors Introduction to Humanities §
 LIT 2000 Introduction to Literature
 LIT 2000 Honors Introduction to Literature §
 MUL 2010 Music Appreciation
 PHI 2010 & D Introduction to Philosophy **(WAC) ++**
 THE 2000 Theatre Appreciation

(Group B)

ARC 2208 Culture & Architecture
 ARH 2050 History of Art 1
 ARH 2051 History of Art 2
 DAN 2100 Appreciation of Dance
 FIL 2000 & D Film Appreciation
 FIL 2000 Honors Film Appreciation §
 LIN 2607 Perspectives on Language
 LIT 2010 Interpretation of Fiction **(WAC) ++**
 LIT 2030 Interpretation of Poetry **(WAC) ++**
 LIT 2040 Interpretation of Drama **(WAC) ++**
 LIT 2070 Inter of Creative Nonfiction **(WAC) ++**
 LIT 2100 Introduction to World Literature
 MUH 2121 World Music
 SPT 2530 Hispanic Culture and Civilization
 WOH 2012 & D History of Civilization 1 **(WAC) ++**
 WOH 2022 History of Civilization 2

III. Mathematics

(Group A)

MAC 1105 College Algebra **(Required)**
 MAC 2311 Calculus with Analytic Geometry 1 (4 cr.)
 MGF 1130 Mathematical Thinking in Context 1
 STA 2023 Introductory Statistics **(Required)**

Or any mathematics course for which one of the above general education core course options in Mathematics is the direct prerequisite.

(Group B)

MAC 1147 Precalculus Algebra & Trigonometry (4 cr.)
 MAC 2210 Intro Calculus w/App. (4 cr.) **(Permit Only)**
 MAC 2233 Methods of Calculus
 MAC 2312 Calculus with Analytic Geometry 2 (4 cr.)
 PHI 2102 Logic

IV. Natural Science

(Group A)

BSC 1010 & L Biological Principles (4 cr. w/Lab)
 BSC 2085 & L Anatomy & Phys. 1 (4 cr. w/Lab) **(Required)**
 CHM 2045 & L General Chemistry 1 (4 cr. w/Lab) ‡ **(Required)**
 PHY 2048 & L General Physics 1 (5 credits w/Lab) *
 PHY 2053 & L College Physics 1 (5 credits w/Lab) **

Or any course in the Natural Science for which one of the above general education core course options in Natural Science is the direct prerequisite. NOTE: at least one course must have a lab from Group A or B.

(Group B)

BSC 1011 & L Biodiversity (4 cr. w/Lab)
 CHM 2032 & L Chemistry for the Health Sci. (4 credits w/Lab)

V. Social Sciences

(Group A)

AMH 2010 & D United States History to 1877 ◊ **(R)**
 AMH 2020 & D United States History Since 1877 ◊ **(R)**
 ANT 2000 & D Introduction to Anthropology **(WAC)**
 ECO 2013 Macroeconomic Principles
 POS 2041 Government of the United States ◊ **(R)**
 PSY 1012 Introduction to Psychology **(Required)**

(Group B)

CCJ 2002 Law, Crime & the Criminal Justice System
 ECO 2023 Microeconomic Principles
 EME 2620 Digital Literacy
 EVR 1110 Human Dimensions of Environmental Change
 EVR 2017 Environment and Society
 GEA 2000 World Geography **(R)**
 INR 2002 Introduction to World Politics
 LIN 2001 Introduction to Language (online)
 PAD 2081 Risk & Resilience to Natural Hazards
 POT 2000 Global Political Theory
 SOW 1005 Perspectives of Social Services
 SYG 1000 Sociological Perspectives
 URP 2051 Designing the City

VI. Additional Enrichment

Choose 6 credits from Humanities, Social Science, or Natural Science

(1) _____ (2) _____

FOREIGN LANGUAGE (0 credits) – **NOT REQUIRED** - All students must meet the Admissions Foreign Language requirement.

LEGEND

- + ENC 1101 is a prerequisite
- ++ Two Communication courses are required before taking this course.
- § Reserved for Wilkes Honors College & University Honors Program students only.
- ♦ Please visit FAU's website regarding the Civic Literacy Requirements.
(<https://www.fau.edu/ugstudies/civic-literacy-requirement/>)
- ‡ Co-requisite of MAC 1105 or a prerequisite of CHM 1025.
- * MAC 2311 is a prerequisite for this course.
- ** MAC 2233 is a prerequisite for this course. If a lab is needed, then take General Physics 1 lab (PHY 2048L).
- (R) – Recommended
- (SR) – Strongly Recommended
- # The following courses are not offered at FAU but will fulfill this requirement if transferred from another school.
- WAC** - Writing Across the Curriculum course – minimum grade of “C” required. Students must take four WAC courses.

NOTE: Honors Seminars SHALL BE ACCEPTED AS MEETING THE WAC/GRW REQUIREMENT. See the University Advising Services Office for details.

NOTE: See catalog for specific requirements, course descriptions, and additional information. The requirements for some General Education (Gen Ed) courses & other courses may be satisfied by passing the appropriate AP or CLEP exam. Check with your advisor and college. Students who come with less than 60 credit hours must complete 9 credit hours of summer coursework either at FAU or another State University System Institution.

CREDIT SUMMARY

37 cr. General Education
 23 cr. Lower-Division College Requirements
 60 cr. Upper-Division Major Requirements

 120 cr. TOTAL (42 credits at upper division minimum)

Exercise Science/Health Promotion majors are required to have a C or better in all ESHP and all required prerequisite courses.

Note: To be admitted into the Exercise Science/Health Promotion program, students must do the following:

1. Meet the General Admission Requirements
2. Earn a minimum of 2.0 or higher and complete 60 credit hours
3. Complete FAU's General Education Program or an AA degree from a Florida State University or College
4. Complete required ESHP prerequisites
5. Be programmed by an assigned advisor from the ESHP program

CONSULT THE DEPARTMENT FOR OTHER REQUIREMENTS, particularly regarding graduate school preparation

MAJOR COURSES, COLLEGE REQUIREMENTS, AND ELECTIVE

Exercise Physiology Track

Lower Division Pre-Professional College Requirements (13-15 credits)

BSC 2086 & L	Anatomy & Physiology II & lab (4 cr.)
ISM 2000 & L	Info System Fundamentals & lab (3 cr.)
HSC 2100	Health & Fitness for Life (2 cr.)
HSC 2400	First Aid & CPR (2 cr.)
PEM/PEN	Activity class with a PEM/PEN prefix (1-2 cr.)
PEM/PEN	Activity class with a PEM/PEN prefix (1-2 cr.)

PT/OT Track

Lower Division Pre-Professional College Requirements (13-15 credits)

BSC 2086 & L	Anatomy & Physiology II & lab (4 cr.)
MAC 2233	Methods of Calculus (3 cr.)
or	
ISM 2000 & L	Info. Systems Fundamentals & lab (3 cr.)
HSC 2100	Health & Fitness for Life (2 cr.)
HSC 2400	First Aid & CPR (2 cr.)
PEM/PEN	Activity class with a PEM/PEN prefix (1-2 cr.)
PEM/PEN	Activity class with a PEM/PEN prefix (1-2 cr.)

Note: Numbers are based on common course selection. Please consult your advisor.