

Plan of Study for TCC Transfers

Semester 1 TCC:

BIOL 1224 Introduction to Biology

ENGL 1113 Composition I

MATH 1513 Precalculus I

POLS 1113 American Federal Government

Total Hours: 13

Semester 2 TCC:

CHEM 1315 General Chemistry

ENGL 1213 Composition II

HHPE 2212 First Aid

HIST 1483 U.S. History 1492 to Civil War Era or HIST 1493 U.S. History Civil War Era to Present

HHPE 2653 Applied Anatomy & Kinesiology

Total Hours: 16

Semester 3 TCC:

BIOL 1383 Nutrition

ECON 2013 Principles of Macroeconomics

Humanities (3 hrs) See list in catalog

PSYC 1113 Introduction to Psychology

HHPE 2263 Principles in Health Education & Human Performance

Total Hours: 15

Semester 4 TCC:

COMM 1113 Public Speaking

Humanities (3 hrs) See list in catalog

MATH 2193 Elementary Statistics

HHPE 2603 Total Wellness

BIOL 2154 Human Physiology

Total Hours: 16

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Semester 5 NSU: Fall

HED 2393 - Nutrition for Health/Sport

HED 2413 - Exercise and Sport Pharmacology

HED 4383 - Care and Prevention of Athletic Injuries

HED 3313 - Psychosocial Aspects of Fitness and Wellness

Minor Hours: 6

Total Hours: 17

Semester 6 NSU: Spring

HED 4333 - Physiology of Exercise

HED 4363 - Kinesiology

P ED 4810 - Practicum (4811, 4812, & 4813)

Minor Hours: 0-3

Total Hours: 12-15

Semester 7 NSU: Fall - Clinical Emphasis

H ED 4563 - Advanced Exercise Prescription

HED 4403 - Physiology of Aging

HED 4503 - Advanced Fitness Assessment

HED 4353 - Community Health

Minor Hours: 6

Total Hours: 18

Semester 8 NSU: Spring - Clinical Emphasis

H ED 4583 - Therapeutic Exercise Modalities

H ED 4613 - Biomechanics

H ED 4653 - Motor Control

H ED 4533 - Cardiopulmonary Rehabilitation

Minor Hours: 3-6 - to complete Minor

Total Hours: 15-18

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Semester 7: Fall - Exercise Science Emphasis

H ED 4723 -Sport/ Fitness Facility Management

H ED 4563 - Advanced Exercise Prescription

HED 4403 - Physiology of Aging

HED 4503 - Advanced Fitness Assessment

HED 4353 - Community Health

Minor Hours: 3

Total Hours: 18

Semester 8: Spring - Exercise Science Emphasis

H ED 4633 – Techniques in Strength Training

H ED 4623 – Principles of Strength and Conditioning

H ED 4213 - Ethical and Legal Issues in Sport/ Fitness

Minor Hours: 6- to complete Minor Total Hours: 15