

Name \_\_\_\_\_ Z# \_\_\_\_\_ Date of Birth \_\_\_\_\_

Phone Number \_\_\_\_\_ FAU Email \_\_\_\_\_

Other Email \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_

Note: This document is not a substitute for Form 6, but a worksheet to proceed through the program.  
 Student should complete this sheet within the first or second semester of coursework with ESHP advisor.

<b>Worksheet-FAU, ESHP Strength &amp; Conditioning Track:</b>							
Check when completed	Course Title	Course No.	Credits	Grade	Substitute	Institution	Advisor & Grad Coord. Approval
<b>Prerequisites:</b>							
	Exercise Leadership II <u>or Substitute course</u>	PEP 3136	3				
	Nutrition in Health & Exercise	PET 3361	3				
	Kinesiology	PET 4330C	4				
	Exercise Physiology	APK 4110	3				
	Exercise Physiology Lab	APK 4110L	1				
	Fitness Assessment & Exerc. Prescription	PET 4551	3				
	Exercise Testing	PET 4550	3				
	Exercise Testing Lab	PET 4550L	1				
	Anat & Phys I & 2 with Labs (optional)		4				
<b>Core Courses (all tracks): 9 hours</b>							
	Research and Evaluation	PET 6505C	3				
	Educational Research	EDF 6481	3				
	Educational Statistics	STA 6113	3				
<b>Required Courses: 22 hours</b>							
	Exercise Science Lab Methods	PET 5521	3				
	Advanced Exercise Physiology	APK 6111	4				
	Advanced Sports Nutrition	HUN 6247	3				
	Human Systems Physiology in ES	PET 6356	3				
	Strength & Conditioning Program Design	PET 5391	3				
	Functional Biomechanics	PET 6346	3				
	Practical Applications	PET 5947	3				
<b>Electives: 3 hours (non-thesis option)</b>							
<i>(required courses for other tracks maybe used for electives or the student may choose from the following.)</i>							
	Drug Abuse behavior	HSC 5156	3				
	Chronic Stress & Population Health	HSC 5177	3				
	Human Obesity	HSC 5178	3				
	Personal & Community Health	HSC 5203	3				
	Teaching Health in the Elementary School	HSC 5315	3				
	Health Curriculum in Public Schools	HSC 5317	3				
	Advanced Concepts in Health Promotion	HSC 5587	3				
	Evaluation of Health Promotion/Ed	HSC 6115	3				
	Needs Assessment & Program Planning	HSC 6248	3				
	Epidemiological Basis of Health	HSC 6505	3				
	Health Behavior, Hlth Ed & Hlth Promo	HSC 6585	3				
	Seminar in Exercise and Aging	PET 5077	3				
	Comprehensive Concepts Strength & Cond.	PET 5389	3				
	Direct Independent Study	PET 6905	1 to 5				
	Special Topics	PET 5930	1 to 4				
<i>(Others are approved by ESHP graduate committee)</i>							
<b>Thesis Option: 6 hours</b>			PET 6971	1 to 6			

**Read the following information thoroughly.**

1. Graduate students are required to have a current CPR certification.
2. Must complete practical applications course during the last semester. Must also have taken UG kinesiology, Ex. Phys with lab, leadership 2, fitness assessment and pass the NSCA CSCS prior to practical applications.
3. All students must complete all required common courses. Students must select one tract and complete all courses in that tract.
4. Students electing the THESIS OPTION must complete a thesis (6 hours).
5. Thesis student must adhere to thesis deadlines. See ESHP graduate coordinator and thesis chair.
6. Students electing the NON-THESIS OPTION must complete an additional 9 hours of course work.
7. Non-thesis students must take and pass an exit exam based on core courses in their last semester.
8. All students must turn in graduate application according to FAU calendar.
9. Minimum program consists of 34 or 37 credit hours depending on thesis option.
10. DIS's planned as part of the student's 34-37 credit hour minimum must be approved by the entire ESHP faculty.

Other comments:

Student \_\_\_\_\_ Date \_\_\_\_\_  
 Advisor \_\_\_\_\_ Date \_\_\_\_\_  
 Dept. Chair \_\_\_\_\_ Date \_\_\_\_\_