

| Semester #        | Subject Code | Subject Name                                 | Number of Credits |
|-------------------|--------------|----------------------------------------------|-------------------|
| <b>Semester 1</b> |              | Introduction to exercise and sports sciences | 5                 |
|                   |              | Exercise physiology 1                        | 8                 |
|                   |              | Human movement studies 1                     | 7                 |
|                   |              | Nutrition and human performance              | 5                 |
| <b>Semester 2</b> |              | Exercise physiology 2                        | 7                 |
|                   |              | Human movement studies 2                     | 8                 |
|                   |              | Sport and exercise psychology                | 3                 |
|                   |              | Research methodology and biostatistics       | 5                 |
|                   |              | Sports management                            | 2                 |
| <b>Semester 3</b> |              | Strength and conditioning                    | 7                 |
|                   |              | Strength and conditioning (Practicum)        | 8                 |
|                   |              | Physical activity in health and disease      | 5                 |
|                   |              | Athletic training and injury prevention      | 5                 |
| <b>Semester 4</b> |              | Thesis                                       | 15                |
|                   |              | Externship                                   | 10                |