

Exercise, Performance, and Health Optimization (EPHB)

Auburn University

AREA I – Written Composition (6 hrs) <ul style="list-style-type: none">English Composition 1 – ENG 101 (3 hrs)English Composition 2 – ENG 102 (3 hrs)	AREA II – Humanities & Fine Arts (12 hrs) <ul style="list-style-type: none">Core Literature Sequence – any available (6 hrs)¹Core Fine Arts – any available (3 hrs)Core Humanities – any available (3-6 hrs)
AREA III – Natural & Mathematical Sciences (11 hrs) <ul style="list-style-type: none">Natural Science Sequence: BIO 103 & BIO 104 (8hrs)Math – MTH 113 or higher (3 hrs)	AREA IV – History, Social, & Behavioral Sciences (12 hrs) <ul style="list-style-type: none">Core History Sequence – any available (3-6 hrs)¹Core Social Science – any available (6 hrs)
AREA V – Pre-professional, major, & elective courses² <ul style="list-style-type: none">Additional Sciences: BIO 201 & BIO 202 (8 hrs)Additional Course Options: HED 226, HEC 140, HPS 105, PED (up to 4 hours), & MTH 265	Reverse Transfer Needs <ul style="list-style-type: none">Students who transfer before completing their AA/AS degree are encouraged to complete the Reverse Transfer Process.The required math for your chosen major is Precalculus w/ Trig (MTH 1130) or higher. If you have not taken a math course before transferring, you will be required to take the ALEKS Math Placement assessment before you can register for any math course at Auburn. The math course you are able to begin at Auburn is determined by either a) the highest equivalent math you have passed before transferring or b) the math placement results from the ALEKS assessment which is available in AU Access once you have paid your AU admissions deposit.

¹ Students should choose a sequence in either Literature or History.

² For additional courses that may count under AREA 5 and towards the major, please contact us.

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Additional information for Exercise, Performance, and Health Optimization [can be found online](#).