

FRESHMAN			
Fall Semester (14 hours)		Spring Semester (16 Hours)	
EXSC Introduction to Exercise Science	1	HMXP 102 The Human Experience: Who Am I?	3
WRIT 101 Composition I	3	EXSC 231 Scientific Foundations of Exercise	2
CSCI 101 Computers and Applications and 3 labs	3	CHEM 105 College Chemistry I (placement or CHEM 104)	4
ACAD 101 Principles of the Learning Academy	1	NUTR 221 Food & Nutrition	3
Quantitative: Select from list/Math placement test	3	BIOL 203/204 Principles of Biology/Lab	3/1
HLTH 300 Personal and Community Health	3		
PESH 103 Weight Training	1		
SOPHOMORE			
Fall Semester (14-15 hours)		Spring Semester (16-17 hours)	
CRTW 201 Critical Reading, Thinking, & Writing	3	History or History/Constitution Gen Ed (select from list)	3
* BIOL 213 Anatomy & Physiology I	4	* BIOL 214 Anatomy & Physiology II	4
PSYC 101 Intro to Psychology	3	Humanities Gen Ed (select from list)	3
Social Science or SocSci/Constitution Gen Ed (select from list)	3	Electives	3-4
Electives	2	EXSC 208 Group Exercise Leadership	2
		PESH 201 First Aid and CPR	1
JUNIOR			
Fall Semester (14-16 hours)		Spring Semester (15 hours)	
EXSC 384/385 Exercise Physiology and Lab	4	EXSC 480 Exercise Testing and Prescription	3
Global Gen Ed (select from list)	3	EXSC 382 Biomechanics	3
HLTH 406 Exercise and Health Promotion**	3	PESH 381 Res Methods in Phys Activity and SPMA	3
PESH 242 Motor Learning	3	EXSC 511 Physical Activity for Special and Aging Pop	3
Electives	1-3	EXSC 401 Psychology of Sport and Physical Activity	3
SENIOR			
Fall Semester (14-16 hours)		Spring Semester (12 hours)	
EXSC 484/486 Exercise Physiology II and Lab	4	EXSC 494 Portfolio in Exercise Science	1
EXSC 465 Strength and Conditioning	3	EXSC 496 Internship in Exercise Science	9
Oral Communication Gen Ed	3	EXSC 492 Certification Seminar in Exercise Science: Exercise Physiologist OR EXSC 493 Certification Seminar in Exercise Science: Strength and Conditioning	2
EXSC 501 Administration of Sport and Phys Ed Programs	3		
EXSC 481 Application of Exercise Testing and Prescription	1		
Electives	1-3		

* | A grade of C- or better must be earned

** | EXSC 300 Sociocultural Aspects of Physical Activity can be substituted when offered.