

Advising Guidelines for Transfer Students – EXSC
Exercise Science Concentration

Program Coursework				
Non-restricted				
Course	Prerequisites	Co-Requisites	Typical Course Availability and Notes	□
EXSC 101 Introduction to Exercise Science (1)			fall and spring	
EXSC 208 Group Exercise Leadership (2)	EXSC 101		fall and spring	
EXSC 231 Scientific Foundations in Exercise Science (2)	EXSC 101		fall and spring	
EXSC 382 Biomechanics (3)	BIOL 213 or BIOL 307 PESH 102		fall, spring, summer	
EXSC 384 Exercise Physiology (3)	BIOL 214 or BIOL 308 GPA \geq 2.5	EXSC 385	fall and spring	
EXSC 385 Exercise Physiology Lab (1)	BIOL 214 or BIOL 308 GPA \geq 2.5	EXSC 384	fall and spring	
EXSC 401 Psychology of Sport and Physical Activity (3)	PYSC 101 JR Status		fall, spring, summer	
EXSC 465 Strength and Conditioning (3)	PESH 102 JR Status C- or higher in EXSC 384 GPA \geq 2.5		fall, spring, summer	
EXSC 480 Exercise Testing and Prescription (3)	EXSC 384 GPA \geq 2.5		fall and spring	
EXSC 492 Cert. Seminar: Exercise Physiologist (2)	C- or higher in BIOL 213 or BIOL 307 BIOL 214 or BIOL 308 PESH 201 SR Status GPA \geq 2.5	EXSC 494 EXSC 496	Choose EXSC 492 or EXSC 493 fall, spring, summer	
EXSC 493 Cert. Seminar: Strength & Conditioning (2)	C- or higher in BIOL 213 or BIOL 307 BIOL 214 or BIOL 308 PESH 201 SR Status GPA \geq 2.5	EXSC 494 EXSC 496		
EXSC 501 Administration of Sport & Physical Education Programs (3)	JR Status		fall, spring, summer	
HLTH 300 Personal and Community Health (3)			fall and spring	
HLTH 406 Exercise and Health Promotion (3)			fall and spring	
PESH 102 Weight Training (1)			fall, spring, summer	
PESH 201 First Aid and CPR (1)			fall and spring Can be waived with proof of certification	
PESH 242 Motor Learning (3)			fall and spring	
PESH 381 Research Methods in Physical Activity & Sport Management (3)	JR Status GPA \geq 2.5		fall and spring	

Concentration				
Course	Prerequisites	Co-Requisites	Typical Course Availability and Notes	□
BIOL 220/222 Principles of Cell & Molecular Biology & Lab (4)			fall, spring, summer	
CHEM 105 General Chemistry I (3)	Placement		fall, spring, summer	
EXSC 481 Application of Exercise Testing and Prescription (1)	EXSC 385 EXSC 480 EXSC 511 PESH 201 GPA \geq 2.5		fall and spring	
EXSC 484 Exercise Physiology II (3)	BIOL 213 or BIOL 307 BIOL 214 or BIOL 308 C- or higher in EXSC 384 GPA \geq 2.5	EXSC 486	fall and spring	

Concentration				
Course	Prerequisites	Co-Requisites	Typical Course Availability and Notes	□
EXSC 486 Exercise Physiology II Lab (1)	BIOL 213 or BIOL 307 BIOL 214 or BIOL 308 C- or higher in EXSC 384 GPA \geq 2.5	EXSC 484	fall and spring	
EXSC 494 Portfolio in Exercise Science (1)	C- or higher in BIOL 213 or BIOL 307 BIOL 214 or BIOL 308 GPA \geq 2.5	EXSC 492 or 493 EXSC 496	fall, spring, summer	
EXCS 496 Internship in Exercise Science (9)	C- or higher in BIOL 213 or BIOL 307 BIOL 214 or BIOL 308 PESH 201 GPA \geq 2.5	EXSC 492 or 493 EXSC 494	fall, spring, summer	
EXCS 511 Physical Activity for Special & Aging Populations (3)	EXSC 384 or EXSC 385 GPA \geq 2.5		fall and spring	

Content/General Education Preparation				
Course	Prerequisites	Notes	Typical Course Availability	□
General Education Core Taken in Order C- or better required to progress				
WRIT 101 Composition (3)			fall, spring, summer	
HMXP 102 The Human Experience: Who Am I? (3)	WRIT 101		fall, spring, summer	
CRTW 201 Critical Reading, Thinking, & Writing (3)	HMXP 102		fall, spring, summer	
HXCT 301 Human Experience/Critical Reading, Thinking and Writing	60 transfer credits and at least two courses in composition/freshman writing by override only		fall and spring	
Other Content and General Education Requirements				
BIOL 213 or BIOL 307 Anatomy & Physiology I or Anatomy (4)	HMXP 102 MATH BIOL 220/222			
BIOL 214 or BIOL 308 Anatomy & Physiology II or Human Physiology (4)	C- of better in BIOL 213 HMXP 102 MATH			
NUTR 221 Human Nutrition (3)			fall, spring, summer	
Constitution			fall, spring, summer	
Global Perspectives			fall, spring, summer	
Historical Perspectives			fall, spring, summer	
Humanities & Arts			fall, spring, summer	
Humanities & Arts			fall, spring, summer	
Intensive Writing (PESH 381)	JR Status GPA \geq 2.5		fall and spring	
Natural Science (BIOL 220/222)			fall, spring, summer	
Natural Science (CHEM 105)	Placement		fall, spring, summer	
Oral Communication			fall, spring, summer	
Physical Activity (PESH 102)			fall, spring, summer	
Quantitative			fall, spring, summer	
Social Science			fall, spring, summer	
Social Studies (PYSC 101)			fall, spring, summer	
Technology (CSCI 101 w/ 3 Labs (A,B,C, F, or P)) (3)			fall, spring, summer	