

Suggested Term-by-Term Plan (based on 4 years/8 semesters)				General Education Expectations
Year 1				
Fall 15 credits	ACAD 101 1 EXSC 101 1 HLTH 300 3 PESH 102 1 General Ed Core 3 General Education (rec. Technology) 3 General Education (rec. Quant) 3	Spring 16 credits	EXSC 231 2 CHEM 105 4 BIOL 220/222 4 NUTR 221 3 General Ed Core 3	General Education Core (must be taken in sequence; C- or better required) WRIT 101 <input type="checkbox"/> HMXP 102 <input type="checkbox"/> CRTW 201 <input type="checkbox"/>
Year 2				
Fall 14 - 15 credits	BIOL 213 4 PSYC 101 3 General Ed Core 3 General Education 3 General Education/Elective 1-2	Spring 16 - 17 credits	EXSC 208 2 BIOL 214 4 PESH 201 1 General Education 3 General Education 3 General Education/Elective 3 - 4	Science Foundation Core BIOL 213* <input type="checkbox"/> BIOL 214* <input type="checkbox"/> NUTR 221 <input type="checkbox"/> General Education ACAD 101 <input type="checkbox"/> Constitution <input type="checkbox"/> Global <input type="checkbox"/> Historical Perspectives <input type="checkbox"/> Humanities & Arts <input type="checkbox"/> Humanities & Arts <input type="checkbox"/> Intensive Writing (PESH 381) <input type="checkbox"/> Natural Science (BIOL 220/222) <input type="checkbox"/> Natural Science (CHEM 105) <input type="checkbox"/> Oral Communication <input type="checkbox"/> Physical Activity (PESH 102) <input type="checkbox"/> Quantitative <input type="checkbox"/> Social Science (PSYC 101) <input type="checkbox"/> Social Science <input type="checkbox"/> Technology (CSCI 101 + 3 labs: A, B, C, F or P) <input type="checkbox"/>
Year 3				
Fall 14 - 16 credits	EXSC 384/385 4 HLTH 406 3 PESH 242 3 General Education 3 General Education/Elective 1-3	Spring 15 credits	EXSC 480 3 EXSC 382 3 EXSC 401 3 PESH 381 3 EXSC 511 3	Elective/Minor courses to reach 120 total hours <input type="checkbox"/> Hours over 299 <input type="checkbox"/>
Year 4				
Fall 14 - 16 credits	EXSC 465 3 EXSC 501 3 EXSC 484/486 4 EXSC 481 1 General Education 3 General Education/Elective 1-3	Spring 12 credits	EXSC 492 or 493 2 EXSC 494 1 EXSC 496 9	
Concentration Coursework #		<i>Electives Number of credits varies based on general education selections.</i>		After 45 hours, all majors must earn and maintain a 2.5 GPA in order to be eligible to take any 300 or above level courses from the Department of Physical Education, Sport and Human Performance. * Students with credit for Anatomy and/or Physiology should discuss past coursework with an advisor before registering for BIOL 213 and BIOL 214.
BIOL 220/222 4 <input type="checkbox"/>	EXSC 486 1 <input type="checkbox"/>			
CHEM 105 4 <input type="checkbox"/>	EXSC 494 1 <input type="checkbox"/>			
EXSC 481 1 <input type="checkbox"/>	EXSC 496 9 <input type="checkbox"/>			
EXSC 484 3 <input type="checkbox"/>	EXSC 511 3 <input type="checkbox"/>			

Suggested Topics to discuss with Faculty Advisor

- GPA Expectations
- Support Services (Academic Success Center, Math Tutorial Center, etc.)
- Check Winthrop email
- Deadlines & Course Fee Overview Social
- Media for Announcements
- Undergraduate Research

- Interim Grades
- Professionalism in Field Courses
- Study Abroad options (short-term and semester-long)
- DegreeWorks Planner for digital record
- Use of S/U and Repeat Options
- Career Choices

Revised 5/17/20