

Student Name _____

Advisor Name _____

FIRST YEAR					
FALL SEMESTER (14 hours)			SPRING SEMESTER (17 hours)		
	ACAD 101: Principles of the Learning Academy	1	#	CHEM 105: General Chemistry I	4
	EXSC 101: Intro to Exercise Science	3	*	HMXP 102: Human Experience: Who Am I?	3
	HLTH 300: Personal & Comm Health	3		BIOL 220/222: Prin. Cell & Molecular Bio & Lab	4
	PESH 102: Weight Training	1		NUTR 221: Food & Nutrition	3
	General Education: Quantitative Skills	3		Technology: CSCI 101 & 3 labs (A, B, C, F, or P)	3
*	WRIT 101: Composition	3			
SECOND YEAR					
FALL SEMESTER (16 hours)			SPRING SEMESTER (14 hours)		
	CRTW 201: Critical Reading, Thinking, & Writing	3		EXSC 208: Exercise Leadership & Training Instruction	3
*	BIOL 213: Anatomy & Physiology I	4	*	BIOL 214: Anatomy & Physiology II	4
	PSYC 101: General Psychology	3		PESH 201: First Aid & CPR	1
	Global Perspective	3		Social Science	3
	Humanities & Arts	3		Humanities & Arts	3
THIRD YEAR					
Reminder to apply for Graduation when 35 credits are remaining in the degree					
FALL SEMESTER (16 hours)			SPRING SEMESTER (15 hours)		
	EXSC 384/385: Exercise Physiology I & Lab	4		EXSC 480: Exercise Testing & Prescription	3
	EXSC 300/HLTH 406: Exercise & Health Promotion, Sociocultural Dim of Phys. Act.	3		EXSC 382: Biomechanics	3
	PESH 381: Research Methods in Exercise & Physical Activity	3		EXSC 401: Psychology of Sport & Physical Activity	3
	Historical Perspective	3		Oral Communication	3
	EXSC 370: Kinesiology	3		EXSC 511: Physical Activity for Special & Aging Populations	3
FOURTH YEAR					
FALL SEMESTER (16 hours)			SPRING SEMESTER (12 hours)		
	EXSC 465: Strength & Conditioning	3		EXSC 492 or 493: Cert Sem in Exer Sci.	2
	EXSC 501: Admin of Sport & Phys. Ed. Programs	3		EXSC 494: Portfolio in Exercise Science	1
	EXSC 484/486: Exercise Physiology II & Lab	4		EXSC 496: Internship	9
	Constitution Requirement/Elective	3		Corequisites	
	Elective	3		Prerequisite for future coursework	

* A grade of C- or better must be earned

Has a prerequisite of CHEM 104 or test score

Students must earn a 2.5 GPA at the completion of 45 semester hours in order to be eligible to take any 300 or above level courses from the Department of Physical Education, Sport & Human Performance. Students are required to maintain a 2.5 GPA throughout the remainder of their academic career in order to remain an EXSC major.