

YEAR TERM		MAJOR COURSES					GENERAL EDUCATION		TOTAL CREDITS
YEAR 1	FALL	BIOL 210 4 HUMAN GROSS ANATOMY Pre-Req: Exercise Science Major	EXSC 100 3 INTRODUCTION TO KINESIOLOGY Pre-Req: Exercise Science Major	EXSC 150 3 AEROBIC CONDITIONING Pre-Req: Exercise Science Major		MATH 135 or 141 4 FUND OF PRECALC I or PRECALCULUS Pre-Req: Requires Placement	FCWR 101/111 3 FOUNDATIONS OF COLLEGE COMPOSITION Pre-Req: Requires Placement		17
	SPRING	CHEM 105 or 110 3/4 APPLIED CHEMISTRY or GENERAL CHEMISTRY I Co-Req: MATH 135 or higher	EXSC 110 3 FOUNDATIONS OF PHYSICAL ACTIVITY Pre-Req: Exercise Science Major	EXSC 160 3 RESISTANCE AND FLEXIBILITY TRAINING Pre-Req: Exercise Science Major			FCWR 151/111 3 FOUNDATIONS OF RESEARCH WRITING Pre-Req: FCWR 101/111	DATA 101 3 MAKING SENSE OF A DATA-ORIENTED SOCIETY	15/16
YEAR 2	FALL	BIOL 310 4 HUMAN PHYSIOLOGY Pre-Req: BIOL 210, and CHEM 105 or CHEM 110	EXSC 210 3 MEASUREMENT AND PRESCRIPTION Pre-Req: EXSC 100, MATH 135/141 or PSYC 210	EXSC 240 3/4 OR SCIENCE ELECTIVE FUNC. ANATOMY OR BIOL, CHEM, OR PHYS Pre-Req: BIOL 210	PSYC 101 3 INTRODUCTION TO PSYCHOLOGY	GENERAL ELECTIVE 3			16/17
	SPRING	EXSC 300/ HSCI 330 3 EXERCISE PHYSIOLOGY Pre-Req: EXSC 100 and BIOL 310	EXSC 200 3 MOTION ANALYSIS Pre-Req: EXSC 100 and BIOL 210	NTSI 201 3 INTRODUCTION TO CLINICAL NUTRITION PRACTICE		GENERAL ELECTIVE 3	FCWR 302 3 COMMUNICATION FOR HEALTHCARE CAREERS Pre-Req: FCWR 151/161		15
YEAR 3	FALL	EXSC 220 3 DISABILITY AND DIVERSITY IN PHYSICAL ACTIVITY Pre-Req: EXSC 100 and BIOL 210	EXERCISE SCIENCE ELECTIVE 3	MGMT 102 3 PRINCIPLES OF MANAGEMENT			ICBS 309 3 ANTHROPOLOGICAL APPROACHES TO HEALTH Pre-Req: FCWR 101/111 and FCWR 151/161	ICXX 3XX * 3 SEMINAR CHOICE (ICBS, ICLT, ICPH, or ICSS) Pre-Req: FCWR 101/111 and FCWR 151/161	15
	SPRING	EXSC 230 3 SURVEY OF ATHLETIC INJURIES Pre-Req: EXSC 100 and BIOL 210	EXERCISE SCIENCE ELECTIVE 3	NTSI 360 3 LIFESTYLE AND WEIGHT MANAGEMENT Pre-Req: NTSI 201		GENERAL ELECTIVE 3	ICXX 3XX * 3 SEMINAR CHOICE (ICBS, ICLT, ICPH, or ICSS) Pre-Req: FCWR 101/111 and FCWR 151/161		15
YEAR 4	FALL	EXERCISE SCIENCE ELECTIVE 3	EXERCISE SCIENCE ELECTIVE 3/4	EXERCISE SCIENCE ELECTIVE 3		GENERAL ELECTIVE 3	ICXX 3XX * 3 SEMINAR CHOICE (ICBS, ICLT, ICPH, or ICSS) Pre-Req: FCWR 101/111 and FCWR 151/161		15/16
	SPRING	EXSC 400 3 CONTEMP. ISSUES IN EXERCISE SCIENCE Pre-Req: EXSC 300 and 5 EXSC electives Co-Req: EXSC 410	EXSC 410 4 SENIOR PRACTICUM Pre-Req: EXSC 300 and 5 EXSC electives Co-Req: EXSC 400		GENERAL ELECTIVE 3	GENERAL ELECTIVE 3			13
CREDITS									121-124

*Seminar courses must be taken in three different subject areas. Only one subject area may be duplicated, with a maximum of 2 courses in a subject category (ICLT, ICPH, ICBS, ICSS). You may only take one additional ICBS Course.

Exercise Science Elective Options (Select 5)		
EXSC 310 Essentials of Strength and Conditioning	EXSC 360 Exercise Programs for Special Populations	EXSC 350 Aerobic and Anaerobic Exercise Leadership
EXSC 320 Biomechanics	EXSC 370 Exercise Programs for Older Adults	HSCI 480 Health Education and Promotion
EXSC 330 Motor Learning	EXSC 380/PSYC 327 Exercise and Sport Psychology	
HSCI 370 Intro to Clinical Cardiology	EXSC 340 Graded Exercise Testing	

Course names, numbers and/or pre-requisites are subject to change.
(Rev. 3/24)