

Degree Planning Guide: EXERCISE SCIENCE (B.S.)

This suggested schedule may be modified and adapted slightly based upon individual needs and schedules.

First year (<28 credits)	Sophomore (28-59 credits)	Junior (60-91 credits)	Senior (92+ credits)
Semester 1 CHEM 111 MATH 108 (if not taking 113) PSYC 111	Semester 1 BIOL 207 EXSC 130 EXSC 211 EXSC 213	Semester 1 EXSC 326 PHYS 109 PSYC 301	Semester 1 EXSC 426 EXSC 413 or 414 Elective course
Semester 2 CHEM 112 MATH 109 or 113	Semester 2 BIOL 208 EXSC 214 STAT 220	Semester 2 EXSC 332 NUTR 245 Elective course	Semester 2 EXSC 449 EXSC 450

REQUIREMENTS FOR DEGREE

Major Courses (36 credits):

NUTR 245 Introduction to Nutrition (4 cr)
 EXSC 130 Foundations of Exercise Science (2 cr)
 EXSC 211 Introduction to Research Methods (2 cr)
 EXSC 213 Human Anatomy with Lab (4 cr)
 EXSC 214 Human Physiology with Lab (4 cr)
 EXSC 326 Kinesiology (4 cr)
 EXSC 332 Exercise Physiology (4 cr)
 EXSC 413: Exercise Testing & Prescription (4 cr), **or**
 EXSC 414: Essentials of Strength & Condition (4 cr)
 EXSC 426 Biomechanics (4 cr)
 EXSC 449 Exercise Science Research Methods (2 cr)
 EXSC 450 Internship (2 cr)

Elective Courses (select 8 credits):

HLTH 250: Personal Health & Wellness (4 cr)
 EXSC 313: Motor Development (4 cr)
 EXSC 314: Aging & Exercise (4 cr)
 EXSC 413: Exercise Testing & Prescription (4 cr)

Elective Courses Continued (select 8 credits):

EXSC 414: Essentials of Strength & Condition (4 cr)
 EXSC 432: Advanced Exercise Physiology (4 cr)
 PHYS 110: General Physics II (4 cr)
 CHEM 112: General Chemistry II (4 cr)

Allied Requirements (32 credits):

BIOL 207 Genetics, Ecology, and Evolution (4 cr)
 BIOL 208 Biological Comm & Energetics (4 cr)
 CHEM 111 General Chemistry I (4 cr)
 PHYS 109 General Physics I (4 cr)
 STAT 220 Statistics I (4 cr)
 PSYC 111 General Psychology (4 cr)
 PSYC 301 Psychopathology (4 cr)
 MATH 113 Calculus I or MATH108 & 109 (4-8 cr)

Core Requirements:

Students need to fulfill all core requirements in addition to the courses listed on this guide.

Note: Eighty-four credits are required outside the areas of EXSC, HLTH and PHED.

Advising:

The Health and Human Performance Department encourages students to consult our faculty about opportunities to engage in enrichment outside the curriculum such as research.

Students planning to continue their studies in various graduate or medical school programs may need to supplement the required courses with additional, related coursework as electives. Consulting your academic advisor and pre-health professions advisor is recommended.

* Students often take EXSC 240 over junior year J-term.