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

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

<table>
<thead>
<tr>
<th>First year (&lt;28 credits)</th>
<th>Sophomore (28-59 credits)</th>
<th>Junior (60-91 credits)</th>
<th>Senior (92+ credits)</th>
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<tbody>
<tr>
<td><strong>Semester 1</strong></td>
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<tr>
<td>CHEM 111</td>
<td>BIOL 207</td>
<td>EXSC 332</td>
<td>EXSC 449</td>
</tr>
<tr>
<td>MATH 108 (if not taking 113)</td>
<td>EXSC 130</td>
<td>EXSC 426</td>
<td>HLTH 345</td>
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<tr>
<td>PSYC 111</td>
<td>EXSC 213</td>
<td>PHYS 109</td>
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<td></td>
<td>HLTH 250</td>
<td>PSYC 301</td>
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<td>HLTH 275</td>
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<td><strong>Semester 2</strong></td>
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<tr>
<td>CHEM 112</td>
<td>BIOL 208</td>
<td>EXSC 240*</td>
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<tr>
<td>MATH 109 or 113</td>
<td>EXSC 214</td>
<td>EXSC 432</td>
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<td>EXSC 326</td>
<td>PHYS 110</td>
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<td>STAT 220</td>
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## REQUIREMENTS FOR DEGREE

### Major courses:
- HLTH 250 Personal Health & Wellness (4 cr)
- HLTH 275 Lifelong Stress Management (2 cr)
- HLTH 345 Nutrition for Health & Fitness (4 cr)
- EXSC 130 Foundations of Exercise Science (2 cr)
- EXSC 213 Human Anatomy (4 cr)
- EXSC 214 Human Physiology (4 cr)
- EXSC 240 Medical Terminology (2 cr)*
- EXSC 326 Kinesiology (4 cr)
- EXSC 332 Exercise Physiology (4 cr)
- EXSC 426 Biomechanics (4 cr)
- EXSC 432 Advanced Exercise Physiology (4 cr)
- EXSC 449 Exercise Science Research Methods (4 cr)
- EXSC 450 Internship (2 cr)

### Allied Requirements:
- BIOL 207 Genetics, Ecology, and Evolution (4 cr)
- BIOL 208 Biological Comm & Energetics (4 cr)

### Allied Requirements (continued):
- CHEM 111 General Chemistry I (4 cr)
- CHEM 112 General Chemistry II (4 cr)
- PHYS 109 General Physics I (4 cr)
- PHYS 110 General Physics II (4 cr)
- PSYC 111 General Psychology (4 cr)
- PSYC 301 Psychopathology (4 cr)
- STAT 220 Statistics I (4 cr)
- MATH 113 Calculus I (or MATH108+MATH109)

### 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.

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

### 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.