

**Exercise Science Degree  
Pre-Graduate Track Curriculum  
Bachelor of Science (BS) 2020-2021**

Fall			Spring		
<b>Year One</b>					
INTD 101	University Seminar	3	ISYS 100	Digital Foundations	3
BIOL 101	Human Anatomy & Physiology I	4	BIOL 102	Human Anatomy & Physiology II	4
ENGL 101	Writing 1: The Writing Process	3	PSYC 101	General Psychology	3
MATH 117	College Algebra	3	ENGL 104	Writing II: Research & Argumentative Essays	3
EXSC 110	Intro to Exercise Science	3	EXSC 210	Stress Management	2
			EXSC 250	Personal & Community Health	3
<b>Total Credits</b>		<b>16</b>	<b>Total Credits</b>		<b>18</b>
<b>Year Two</b>					
CHEM 120	General Organic & Biological Chemistry	3	ENGL ***	English Literature	3
HIST ***	History Elective	3	SCI 131	Nutrition	3
HUM ***	Humanities Elective	3	PSYC 254	Human Development	3
EXSC 309	Exercise Physiology I	3	EXSC 220	Care & Prevention of Injuries	3
EXSC 320	Biomechanics / Kinesiology	3	EXSC 310	Exercise Physiology II	3
EXSC 320L	Biomechanics / Kinesiology Lab	1	EXSC 310L	Exercise Physiology II Lab	1
<b>Total Credits</b>		<b>16</b>	<b>Total Credits</b>		<b>16</b>
<b>Year Three</b>					
CHEM 103	General Chemistry I	3	MATH 125	College Algebra & Trig	3
CHEM 103L	General Chemistry I Lab	1	CHEM 104	General Chemistry II	3
SOSC 341	Understanding Statistical Inference	3	CHEM 104L	General Chemistry II Lab	1
EXSC 260	Health and Exercise Psychology	3	EXSC 322	Adapted Physical Activity	3
EXSC 353	Virtual Fitness and Health	3	EXSC 323	Movement in Health and Exercise	3
EXSC 410	Exercise Testing & Prescription	3	EXSC 330	Nutrition of Exercise Management	3
EXSC 410L	Exercise Testing & Prescription Lab	1			
<b>Total Credits</b>		<b>17</b>	<b>Total Credits</b>		<b>16</b>
<b>Year Four</b>					
PHYS 103	General Physics I	3	HUM ***	Humanities Elective	3
PHYS 103L	General Physics I Lab	1	PHYS 104	General Physics II	3
EXSC 390	Exercise Science Practicum I	2	PHYS 104L	General Physics II Lab	1
EXSC 391	Research Methods	3	EXSC 490	Exercise Science Practicum II	4
EXSC 431	Pharmacology for Exercise Science	3	EXSC 491	Exercise Science Capstone	3
EXSC 440	Fitness Management	3			
EXSC 451	Current Health Issues	1	<b>Total Credits</b>		<b>14</b>
<b>Total Credits</b>		<b>16</b>			
<b>Total Degree Required Credits</b>					<b>129</b>

\*The proposed curriculum is meant to provide an example course sequence; it is not mandatory that this be followed exactly.

**Exercise Science Degree  
Pre-Graduate Track Curriculum  
Bachelor of Science (BS) 2020-2021**

2020 – 2021 Degree Sheets  
Degree Planning Sheet

Student's Name: \_\_\_\_\_ I.D. # \_\_\_\_\_  
 Date of Initial Enrollment: \_\_\_\_\_ Enrollment Status \_\_\_\_\_  
 (if readmitted, indicate semester) (Freshman, Transfer, Re-admit)  
 Local Address: \_\_\_\_\_  
 Phone Number: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Email: \_\_\_\_\_

GENERAL EDUCATION REQUIREMENTS (53)	T/M	DEGREE REQUIREMENTS (76)	T/M
SKILLS/PROCESSES FOR LITERACY (12)		EXERCISE SCIENCE CORE (54)	
<b>INTD 101</b> University Seminar (3)		<b>EXSC 110</b> Introduction to Exercise Science (3)	
<b>ENGL 101</b> Writing I: The Writing Process (3)		<b>EXSC 210</b> Stress Management (2)	
<b>ENGL 104</b> Writing II: Research and Argum.. essays (3)		<b>EXSC 220</b> Care and Prevention of Injuries (3)	
<b>ISYS 100</b> Digital Foundations (3)		<b>EXSC 250</b> Personal and Community Health (3)	
		<b>EXSC 260</b> Health and Exercise Psychology (3)	
HUMANITIES (9)		<b>EXSC 309</b> Exercise Physiology I (3)	
English Literature or Foreign Language (3)		<b>EXSC 310/L</b> Exercise Physiology II w/lab (3+1)	
Humanities Fine Art or Art/Music (3)		<b>EXSC 320/L</b> Biomechanics/Kinesiology w/lab (3+1)	
Humanities Elective (3)		<b>EXSC 322</b> Adapted Physical Activity (3)	
		<b>EXSC 323</b> Movement in Health and Exercise (3)	
SOCIAL SCIENCE (9)		<b>EXSC 330</b> Nutrition of Exercise Management (3)	
<b>PSYC 101</b> General Psychology (3)		<b>EXSC 353</b> Virtual Fitness and Health (3)	
<b>PSYC 254</b> Human Development (3)		<b>EXSC 390</b> Exercise Science Practicum (2)	
<b>HIST/PSCI</b> History or Government elective (3)		<b>EXSC 410/L</b> Exercise Test. & Prescript. w/lab (3+1)	
		<b>EXSC 431</b> Exercise Related Pharmacology (3)	
NATURAL SCIENCE/QUANTITATIVE REASONING (23)		<b>EXSC 440</b> Fitness Management (3)	
<b>BIOL 101/L</b> Human Anatomy and Physiology I (4)		<b>EXSC 451</b> Current Health Issues (1)	
<b>BIOL 102/L</b> Human Anatomy and Physiology II (4)		<b>EXSC 490</b> Exercise Science Practicum (4)	
<b>SCI 131</b> Nutrition (3)		<b>EXSC 491</b> Exercise Science Capstone (3)	
<b>CHEM 120</b> General Organic & Biochemistry (3)			
<b>MATH 117</b> College Algebra (3) or <b>MATH 125</b>		Concentration Track – Pre-Graduate (22)	
<b>SOSC 341</b> Understanding Statistical Inference (3)		<b>MATH 125</b> College Algebra & Trigonometry (3)	
		<b>EXSC 391</b> Research Methods (3)	
		<b>CHEM 103</b> General Chemistry I (3)	
		<b>CHEM 103L</b> General Chemistry I (1)	
		<b>CHEM 104</b> General Chemistry II (3)	
		<b>CHEM 104L</b> General Chemistry II (1)	
		<b>PHYS 103</b> General Physics I (3)	
		<b>PHYS 103L</b> General Physics I (1)	
		<b>PHYS 104</b> General Physics II (3)	
		<b>PHYS 104L</b> General Physics II (1)	
		<b>TOTAL CREDIT REQUIREMENT (129)</b>	

\*Total credits must meet or exceed 128 hours with 60 hours taken at a four-year institution

\*\*T/M stands for Transfer or Maryville Credit

\*\*\*A grade of D is not acceptable in courses taken to fulfill the requirements for the Exercise Science major

\*\*\*\*One-half of major credits must be completed at Maryville University; last 30 hours taken at Maryville

Student signature: \_\_\_\_\_ Program director: \_\_\_\_\_

Revised: 10/14/2019