

**Exercise Science Degree  
Strength & Conditioning 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	ENGL 104	Writing II: Research & Argumentative Essays	3
MATH 117	College Algebra	3	PSYC 101	General Psychology	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
EXSC 309	Exercise Physiology I	3	PSYC 254	Human Development	3
EXSC 240	Methods & Programming in Strength	3	EXSC 220	Care and 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>					
HUM ***	Humanities Elective	3	HUM ***	Humanities Elective	3
SOSC 341	Understanding Statistical Inference	3	EXSC 243	Performance Coaching Strategies	3
EXSC 260	Health and Exercise Psychology	3	EXSC 322	Adapted Physical Activity	3
EXSC 343	Multi-Directional Speed	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	EXSC 341	Marketing & Budgeting for Sports	3
<b>Total Credits</b>		<b>16</b>	<b>Total Credits</b>		<b>18</b>
<b>Year Four</b>					
EXSC 353	Virtual Fitness and Health	3	EXSC 420	Applied Sports/Exercise Science	3
EXSC 390	Exercise Science Practicum I	2	EXSC 430	Applied Nutrition	3
EXSC 431	Exercise-Related Pharmacology	3	EXSC 490	Exercise Science Practicum II	4
EXSC 440	Fitness Management	3	EXSC 491	Exercise Science Capstone	3
EXSC 451	Current Health Issues	1			
EXSC 480	Advanced Program Design <b>or</b>	3	<b>Total Credits</b>		<b>13</b>
EXSC 481	Tactical Strength & Conditioning				
<b>Total Credits</b>		<b>15</b>			
<b>Total Degree Required Credits</b>					<b>128</b>

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

EXSC Elective Options: **No hours** of EXSC electives are required for this concentration. These courses do exist to enhance learning in a particular direction, if you are interested.

1. EXSC 242 – General Fitness Training
2. EXSC 301 – Field Experience I (1)
3. EXSC 302 – Field Experience II (1)
4. EXSC 305 – Strength & Conditioning Lab (1)
5. EXSC 342 – Human and Sport Performance Training

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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 (75)	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>ENGL 104</b> Writing II: Research and Argum.. essays (3)		<b>EXSC 210</b> Stress Management (2)	
<b>ISYS 100</b> Computer Applications (3)		<b>EXSC 220</b> Care and Prevention of Injuries (3)	
		<b>EXSC 250</b> Personal and Community Health (3)	
<b>HUMANITIES (9)</b>		<b>EXSC 260</b> Health and Exercise Psychology (3)	
English Literature or Foreign Language (3)			
Humanities Fine Art or Art/Music (3)		<b>EXSC 309</b> Exercise Physiology I	
Humanities Elective (3)		<b>EXSC 310/L</b> Exercise Physiology II w/lab (3+1)	
		<b>EXSC 320/L</b> Biomechanics/Kinesiology w/lab (3+1)	
<b>SOCIAL SCIENCE (9)</b>		<b>EXSC 322</b> Adapted Physical Activity (3)	
<b>PSYC 101</b> General Psychology (3)		<b>EXSC 323</b> Movement in Health and Exercise (3)	
<b>PSYC 254</b> Human Development (3)		<b>EXSC 330</b> Nutrition of Exercise Management (3)	
<b>HIST/PSCI</b> History or Government elective (3)		<b>EXSC 353</b> Virtual Fitness and Health (3)	
		<b>EXSC 390</b> Exercise Science Practicum (2)	
<b>NATURAL SCIENCE/QUANTITATIVE REASONING (23)</b>			
<b>BIOL 101/L</b> Human Anatomy and Physiology I (4)		<b>EXSC 410/L</b> Exercise Test. & Prescript. w/lab (3+1)	
<b>BIOL 102/L</b> Human Anatomy and Physiology II (4)		<b>EXSC 431</b> Exercise Related Pharmacology (3)	
<b>SCI 131</b> Nutrition (3)		<b>EXSC 440</b> Fitness Management (3)	
<b>CHEM 120</b> General Organic & Biochemistry (3)		<b>EXSC 451</b> Current Health Issues (1)	
<b>MATH 117</b> College Algebra (3)		<b>EXSC 490</b> Exercise Science Practicum (4)	
<b>SOSC 341</b> Understanding Statistical Inference (3)		<b>EXSC 491</b> Exercise Science Capstone (3)	
<b>EXSC ELECTIVES (0)</b> No electives are required.		Concentration Track – Strength & Conditioning (21)	
<b>EXSC 242</b> General Fitness Training (3)		<b>EXSC 240</b> Methods & Programming in Strength (3)	
<b>EXSC 301</b> Field Experience I (1)		<b>EXSC 243</b> Perf. Coaching Strategies (3)	
<b>EXSC 302</b> Field Experience II (1)		<b>EXSC 341</b> Marketing & Budgeting for Sports (3)	
<b>EXSC 305</b> Strength & Conditioning Lab (1)		<b>EXSC 343</b> Multi-Directional Speed (3)	
<b>EXSC 342</b> Human & Sport Performance Training (3)		<b>EXSC 420</b> Applied Sports/Exercise Science (3)	
<b>EXSC 391</b> Research Methods		<b>EXSC 430</b> Applied Nutrition (3)	
<b>PSYC 490</b> Sport Psychology		<b>EXSC 480</b> Advanced Program Design (3) <b>or</b>	
		<b>Or EXSC 481</b> Tactical Strength & Conditioning (3)	
		<b>TOTAL CREDIT REQUIREMENT (128)</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