

**Maryville University**  
2016 – 2017 Degree Sheets  
**Bachelor of Science in Exercise Science**  
**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 (59)	T/M	DEGREE REQUIREMENTS (68-69)	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 230</b> Nutrition of Exercise Management (3)	
HUMANITIES (9)		<b>EXSC 250</b> Personal and Community Health (3)	
English Literature or Foreign Language (3)		<b>EXSC 260</b> Health and Exercise Psychology (3)	
Humanities Fine Art or Art/Music (3)			
Humanities Elective (3)		<b>EXSC 310/L</b> Exercise Physiology w/lab (3+1)	
		<b>EXSC 320/L</b> Biomechanics/Kinesiology w/lab (3+1)	
SOCIAL SCIENCE (9)		<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 353</b> Virtual Fitness and Health (3)	
<b>HIST/PSCI</b> History or Government elective (3)			
		<b>EXSC 410/L</b> Exercise Test. & Prescript. w/lab (3+1)	
NATURAL SCIENCE/QUANTITATIVE REASONING (23)		<b>EXSC 431</b> Exercise Related Pharmacology (3)	
<b>BIOL 101/L</b> Human Anatomy and Physiology I (4)		<b>EXSC 440</b> Fitness Management (3)	
<b>BIOL 102/L</b> Human Anatomy and Physiology II (4)		<b>EXSC 450</b> Current Health Issues (elective)(1)	
<b>SCI 131</b> Nutrition (3)		<b>EXSC 490</b> Exercise Science Practicum (6)	
<b>CHEM 120</b> General Organic & Biochemistry (3)		<b>EXSC 491</b> Exercise Science Capstone (3)	
<b>BIOL 394</b> Advanced Physiology (3)			
<b>MATH 117</b> College Algebra (3)		Concentration Track – Training or Wellness Mgmt (15)	
<b>PSYC 341</b> Understanding Statistical Inference (3)		Specialty Track Course #1 (3)	
		Specialty Track Course #2 (3)	
EXSC ELECTIVES (6)		Specialty Track Course #3 (3)	
EXSC 240 – Methods & Programming in Strength (3)		Specialty Track Course #4 (3)	
EXSC 243 – Perf. Coaching Strategies (3)		Specialty Track Course #5 (3)	
EXSC 301 – Field Experience I (1)			
EXSC 302 – Field Experience II (1)			
EXSC 305 – Strength & Conditioning Lab (1)			

\*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: \_\_\_\_\_