

**Exercise Science Degree  
Personal Trainer/Human Performance Track Curriculum  
Bachelor of Science (BS)**

Fall			Spring		
<b>Year One</b>					
INTD 101	University Seminar	3	ISYS 100	Computer Applications	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 220	Care & Prevention of Injuries	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
BIOL 394	Advanced Physiology	3	SCI 131	Nutrition	3
HIST ***	History Elective	3	PSYC 254	Human Development	3
EXSC 320	Biomechanics / Kinesiology	3	EXSC 250	Personal & Community Health	3
EXSC 320L	Biomechanics / Kinesiology Lab	1	EXSC 310	Exercise Physiology	3
			EXSC 310L	Exercise Physiology Lab	1
<b>Total Credits</b>		<b>13</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	Elective***	EXSC elective Course	3
EXSC 260	Health and Exercise Psychology	3	EXSC 230	Nutrition of Exercise Management	3
EXSC 340	Personnel & Human Resource Mgmt	3	EXSC 322	Adapted Physical Activity	3
EXSC 410	Exercise Testing & Prescription	3	EXSC 323	Movement in Health and Exercise	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>					
Elective***	EXSC elective Course	3	EXSC 420	Applied Sports/Exercise Science	3
EXSC 353	Virtual Fitness and Health	3	EXSC 430	Applied Nutrition	3
EXSC 431	Pharmacology for Exercise Science	3	EXSC 451	Current Health Issues	1
EXSC 440	Fitness Management	3	EXSC 490	Exercise Science Practicum	6
EXSC 480	Advanced Program Design	3	EXSC 491	Exercise Science Capstone	3
<b>Total Credits</b>		<b>15</b>	<b>Total Credits</b>		<b>16</b>
<b>Total Degree Required Credits</b>					<b>128</b>

\*The proposed curriculum is meant to provide an example course sequence.

**EXSC Elective Options:**

1. EXSC 240 – Methods & Programming in Strength (3)
2. EXSC 243 – Performance Coaching Strategies for Today's Athlete (3)
3. EXSC 301 – Field Experience I (1)
4. EXSC302 – Field Experience II (1)
5. EXSC 305 – Strength & Conditioning Lab (1)