

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

Fall			Spring		
Year One					
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	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 220	Care & Prevention of Injuries	3
Total Credits		16	Total Credits		18
Year Two					
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
Total Credits		13	Total Credits		16
Year Three					
HUM ***	Humanities Elective	3	MATH 125	College Algebra & Trig	3
CHEM 103	General Chemistry I	3	CHEM 104	General Chemistry II	3
CHEM 103L	General Chemistry I Lab	1	CHEM 104L	General Chemistry II Lab	1
SOSC 341	Understanding Statistical Inference	3	EXSC 230	Nutrition of Exercise Management	3
EXSC 260	Health and Exercise Psychology	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			
Total Credits		17	Total Credits		16
Year Four					
HUM ***	Humanities Elective	3	SOSC 342	Research Methods	3
PHYS 103	General Physics I	3	PHYS 104	General Physics II	3
PHYS 103L	General Physics I Lab	1	PHYS 104L	General Physics II Lab	1
EXSC 353	Virtual Fitness and Health	3	EXSC 451	Current Health Issues	1
EXSC 431	Pharmacology for Exercise Science	3	EXSC 490	Exercise Science Practicum	6
EXSC 440	Fitness Management	3	EXSC 491	Exercise Science Capstone	3
Total Credits		16	Total Credits		17
Total Degree Required Credits					129

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