

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

Fall			Spring		
Year One					
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
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 220	Care and Prevention of Injuries	3
EXSC 320L	Biomechanics / Kinesiology Lab	1	EXSC 310	Exercise Physiology	3
Elective***	EXSC Elective Course (optional location)	3	EXSC 310L	Exercise Physiology Lab	1
		13-			
Total Credits		16	Total Credits		16
Year Three					
HUM ***	Humanities Elective	3	HUM ***	Humanities Elective	3
SOSC 341	Understanding Statistical Inference	3	Elective***	EXSC Elective Course (optional location)	3
EXSC 260	Health and Exercise Psychology	3	EXSC 322	Adapted Physical Activity	3
EXSC 340	Personnel & Human Resource Mgmt	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
					15-
Total Credits		16	Total Credits		18
Year Four					
Elective***	EXSC Elective Course (optional location)	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 490	Exercise Science Practicum	6
EXSC 440	Fitness Management	3	EXSC 491	Exercise Science Capstone	3
EXSC 451	Current Health Issues	1			
EXSC 480	Advanced Program Design	3	Total Credits		15
		13-			
Total Credits		16			
Total Degree Required Credits					128

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

EXSC Elective Options: 6 hours of EXSC electives are required for this concentration.

1. EXSC 240 – Methods & Programming in Strength (3)
2. EXSC 242 – General Fitness Training
3. EXSC 243 – Performance Coaching Strategies for Today's Athlete (3)
4. EXSC 301 – Field Experience I (1)
5. EXSC302 – Field Experience II (1)
6. EXSC 305 – Strength & Conditioning Lab (1)
7. EXSC 342 – Human and Sport Performance Training

Revised: 3/22/2019

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2019 – 2020 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)	
INTD 101 University Seminar (3)		EXSC 110 Introduction to Exercise Science (3)	
ENGL 101 Writing I: The Writing Process (3)			
ENGL 104 Writing II: Research and Argum.. essays (3)		EXSC 210 Stress Management (2)	
ISYS 100 Computer Applications (3)		EXSC 220 Care and Prevention of Injuries (3)	
		EXSC 250 Personal and Community Health (3)	
HUMANITIES (9)		EXSC 260 Health and Exercise Psychology (3)	
English Literature or Foreign Language (3)		EXSC 310/L Exercise Physiology w/lab (3+1)	
Humanities Fine Art or Art/Music (3)		EXSC 320/L Biomechanics/Kinesiology w/lab (3+1)	
Humanities Elective (3)		EXSC 322 Adapted Physical Activity (3)	
		EXSC 323 Movement in Health and Exercise (3)	
SOCIAL SCIENCE (9)		EXSC 330 Nutrition of Exercise Management (3)	
PSYC 101 General Psychology (3)		EXSC 353 Virtual Fitness and Health (3)	
PSYC 254 Human Development (3)			
HIST/PSCI History or Government elective (3)		EXSC 410/L Exercise Test. & Prescript. w/lab (3+1)	
		EXSC 431 Exercise Related Pharmacology (3)	
NATURAL SCIENCE/QUANTITATIVE REASONING (23)		EXSC 440 Fitness Management (3)	
BIOL 101/L Human Anatomy and Physiology I (4)		EXSC 450 Current Health Issues (elective)(1)	
BIOL 102/L Human Anatomy and Physiology II (4)		EXSC 490 Exercise Science Practicum (6)	
SCI 131 Nutrition (3)		EXSC 491 Exercise Science Capstone (3)	
CHEM 120 General Organic & Biochemistry (3)			
BIOL 394 Advanced Physiology (3)		Concentration Track – Training or Wellness Mgmt (15)	
MATH 117 College Algebra (3)		EXSC 340 – Personnel & Human Resources Mgmt (3)	
SOSCC 341 Understanding Statistical Inference (3)		EXSC 341 – Marketing & Budgeting for Sports (3)	
		EXSC 420 – Applied Sports/Exercise Science (3)	
EXSC ELECTIVES (6)		EXSC 430 – Applied Nutrition (3)	
EXSC 240 – Methods & Programming in Strength (3)		EXSC 480 – Advanced Program Design (3)	
EXSC 242 – General Fitness Training (3)			
EXSC 243 – Perf. Coaching Strategies (3)			
EXSC 301 – Field Experience I (1)			
EXSC 302 – Field Experience II (1)			
EXSC 305 – Strength & Conditioning Lab (1)			
EXSC 342 – Human & Sport Performance Training (3)			
		TOTAL CREDIT REQUIREMENT (128)	

*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: 3/22/2019