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| **Fall** | | **Spring** | | |
| **Year One** | | | | |
| INTD 101 University Seminar  BIOL 101 Human Anatomy & Physiology I  ENGL 101 Writing 1: The Writing Process  MATH 117 College Algebra  EXSC 110 Intro to Exercise Science  **Total Credits** | 3  4  3  3  3  **16** | ISYS 100 Digital Foundations  BIOL 102 Human Anatomy & Physiology II  ENGL 104 Writing II: Research & Argumentative Essays  PSYC 101 General Psychology  EXSC 210 Stress Management  EXSC 250 Personal & Community Health  **Total Credits** | | 3  4  3  3  2  3  **18** |
| **Year Two** | | | | |
| CHEM 120 General Organic & Biological Chemistry  EXSC 309 Exercise Physiology I  HIST \*\*\* History Elective  EXSC 240 Methods & Programming in Strength  EXSC 320 Biomechanics / Kinesiology  EXSC 320L Biomechanics / Kinesiology Lab  **Total Credits** | 3  3  3  3  3  1  **16** | ENGL \*\*\* English Literature  SCI 131 Nutrition  PSYC 254 Human Development  EXSC 220 Care and Prevention of Injuries  EXSC 310 Exercise Physiology II  EXSC 310L Exercise Physiology II Lab    **Total Credits** | | 3  3  3  3  3  1  **16** |
| **Year Three** | | | | |
| HUM \*\*\* Humanities Elective  SOSC 341 Understanding Statistical Inference  EXSC 260 Health and Exercise Psychology  EXSC 343 Multi-Directional Speed  EXSC 410 Exercise Testing & Prescription  EXSC 410L Exercise Testing & Prescription Lab  **Total Credits** | 3  3  3  3  3  1  **16** | HUM \*\*\* Humanities Elective  EXSC 243 Performance Coaching Strategies  EXSC 322 Adapted Physical Activity  EXSC 323 Movement in Health and Exercise  EXSC 330 Nutrition of Exercise Management  EXSC 341 Marketing & Budgeting for Sports  **Total Credits** | | 3  3  3  3  3  3  **18** |
| **Year Four** | | | | |
| *Elective\*\*\* EXSC Elective Course (optional location)*  EXSC 353 Virtual Fitness and Health  EXSC 431 Pharmacology for Exercise Science  EXSC 440 Fitness Management  EXSC 451 Current Health Issues  EXSC 480 Advanced Program Design or  EXSC 481 Tactical Strength & Conditioning  **Total Credits** | 3  3  3  3  1  3  **13-**  **16** | EXSC 420 Applied Sports/Exercise Science  EXSC 430 Applied Nutrition  EXSC 490 Exercise Science Practicum  EXSC 491 Exercise Science Capstone  **Total Credits** | | 3  3  6  3  **15** |
| 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 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

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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| 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 309** Exercise Physiology I |  |
| Humanities Fine Art or Art/Music (3) |  | **EXSC 310/L** Exercise Physiology II w/lab (3+1) |  |
| Humanities Elective (3) |  | **EXSC 320/L** Biomechanics/Kinesiology w/lab (3+1) |  |
|  |  | **EXSC 322** Adapted Physical Activity (3) |  |
| SOCIAL SCIENCE (9) |  | **EXSC 323** Movement in Health and Exercise (3) |  |
| **PSYC 101** General Psychology (3) |  | **EXSC 330** Nutrition of Exercise Management (3) |  |
| **PSYC 254** Human Development (3) |  | **EXSC 353** Virtual Fitness and Health (3) |  |
| **HIST/PSCI** History or Government elective (3) |  |  |  |
|  |  | **EXSC 410/L** Exercise Test. & Prescript. w/lab (3+1) |  |
| NATURAL SCIENCE/QUANTITATIVE REASONING (23) |  | **EXSC 431** Exercise Related Pharmacology (3) |  |
| **BIOL 101/L** Human Anatomy and Physiology I (4) |  | **EXSC 440** Fitness Management (3) |  |
| **BIOL 102/L** Human Anatomy and Physiology II (4) |  | **EXSC 450** Current Health Issues (elective)(1) |  |
| **SCI 131** Nutrition (3) |  | **EXSC 490** Exercise Science Practicum (6) |  |
| **CHEM 120** General Organic & Biochemistry (3) |  | **EXSC 491** Exercise Science Capstone (3) |  |
| **MATH 117** College Algebra (3) |  |  |  |
| **SOSC 341** Understanding Statistical Inference (3) |  | Concentration Track – Strength & Conditioning (18) |  |
|  |  | EXSC 240 – Methods & Programming in Strength (3) |  |
|  |  | EXSC 243 – Perf. Coaching Strategies (3) |  |
| EXSC ELECTIVES (6) |  | EXSC 341 – Marketing & Budgeting for Sports (3) |  |
| EXSC 242 – General Fitness Training (3) |  | EXSC 420 – Applied Sports/Exercise Science (3) |  |
| EXSC 301 – Field Experience I (1) |  | EXSC 430 – Applied Nutrition (3) |  |
| EXSC 302 – Field Experience II (1) |  | EXSC 480 – Advanced Program Design (3) |  |
| EXSC 305 – Strength & Conditioning Lab (1) |  |  |  |
| EXSC 342 – Human & Sport Performance Training (3) |  |  |  |
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|  |  |  |  |
|  |  | **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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_