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| **Fall** | **Spring** |
| **Year One** |
| INTD 101 University SeminarBIOL 101 Human Anatomy & Physiology IENGL 101 Writing 1: The Writing ProcessMATH 117 College AlgebraEXSC 110 Intro to Exercise Science**Total Credits** | 34333**16** | ISYS 100 Digital FoundationsBIOL 102 Human Anatomy & Physiology IIENGL 104 Writing II: Research & Argumentative EssaysPSYC 101 General PsychologyEXSC 210 Stress ManagementEXSC 250 Personal & Community Health**Total Credits** | 343323**18** |
| **Year Two** |
| CHEM 120 General Organic & Biological ChemistryEXSC 309 Exercise Physiology IHIST \*\*\* History ElectiveEXSC 240 Methods & Programming in StrengthEXSC 320 Biomechanics / KinesiologyEXSC 320L Biomechanics / Kinesiology Lab**Total Credits** | 333331**16** | ENGL \*\*\* English LiteratureSCI 131 NutritionPSYC 254 Human DevelopmentEXSC 220 Care and Prevention of InjuriesEXSC 310 Exercise Physiology IIEXSC 310L Exercise Physiology II Lab **Total Credits** | 333331**16** |
| **Year Three** |
| HUM \*\*\* Humanities Elective SOSC 341 Understanding Statistical InferenceEXSC 260 Health and Exercise PsychologyEXSC 343 Multi-Directional SpeedEXSC 410 Exercise Testing & PrescriptionEXSC 410L Exercise Testing & Prescription Lab**Total Credits** | 333331**16** | HUM \*\*\* Humanities ElectiveEXSC 243 Performance Coaching StrategiesEXSC 322 Adapted Physical ActivityEXSC 323 Movement in Health and ExerciseEXSC 330 Nutrition of Exercise ManagementEXSC 341 Marketing & Budgeting for Sports**Total Credits** | 333333**18** |
| **Year Four** |
| *Elective\*\*\* EXSC Elective Course (optional location)*EXSC 353 Virtual Fitness and HealthEXSC 431 Pharmacology for Exercise ScienceEXSC 440 Fitness ManagementEXSC 451 Current Health IssuesEXSC 480 Advanced Program Design orEXSC 481 Tactical Strength & Conditioning**Total Credits** | 333313**13-****16** | EXSC 420 Applied Sports/Exercise ScienceEXSC 430 Applied NutritionEXSC 490 Exercise Science PracticumEXSC 491 Exercise Science Capstone**Total Credits** | 3363**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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_