Exercise Science Degree Wellness Management Track Curriculum Bachelor of Science (BS) 2020-2021

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	s	18		
Year Two							
CHEM 120	General Organic & Biological Chemistry	3	ENGL ***	English Literature	3		
HIST ***	History Elective	3	SCI 131	Nutrition	3		
EXSC 309	Exercise Physiology I	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 II	3		
Elective***	EXSC Elective Course (optional location)	3	EXSC 310L	Exercise Physiology II Lab	1		
		13-					
Total Credits		16	Total Credits	S	16		
			r Three		1		
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 350	Health Program Planning & Evaluation	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		
Takal Guadha		4.0	Takal Gardin	_	15-		
Total Credits		16	Total Credits	S	18		
Elective***	EVSC Florting Course (antional location)	3	EXSC 420	Applied Sports/Eversica Science	3		
EXSC 353	EXSC Elective Course (optional location) Virtual Fitness and Health	3	EXSC 420 EXSC 430	Applied Sports/Exercise Science Applied Nutrition	3		
EXSC 353	Exercise Science Practicum I	2	EXSC 430 EXSC 490	Exercise Science Practicum II	4		
EXSC 390 EXSC 431	Exercise Science Practicum i Exercise-Related Pharmacology	3	EXSC 490 EXSC 491	Exercise Science Practicum II Exercise Science Capstone	3		
EXSC 431	Fitness Management	3	LA3C 431	Exercise science capsione	٥		
EXSC 440	Health Pro, Disease & Disability Prev.	3	Total Credits	•	13		
EXSC 450	Current Health Issues	1	Total Credits	•	13		
FV2C 431	Current ricaturi issues	15-					
Total Credits		18					
. Ottai Creaits		10	<u> </u>	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) or EXSC 302 Field Experience II (1)
- 5. EXSC 305 Strength & Conditioning Lab (1)
- 6. EXSC 342 Human and Sport Performance Training

Revised: 3/22/2019

Exercise Science Degree Wellness Management Track Curriculum Bachelor of Science (BS) 2020-2021

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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SKILLS/PROCESSES FOR LITERACY (12) INTD 101 University Seminar (3) ENGL 101 Writing I: The Writing Process (3) ENGL 104 Writing II: Research and Argum essays (3) ISYS 100 Digital Foundations (3) EXSC 220 Care and Prevention of Injuries (3) EXSC 250 Personal and Community Health (3) EXSC 250 Personal and Community Health (3) EXSC 250 Health and Exercise Psychology (3) EXSC 309 Exercise Physiology (1) Humanities Fine Art or Art/Music (3) EXSC 309 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) EXSC 323 Movement in Health and Exercise (3) EXSC 323 Novement in Health and Exercise (3) EXSC 323 Novement in Health and Exercise (3) EXSC 323 Wirtual Fitness and Health (3) HIST/PSCI History or Government elective (3) EXSC 330 Nutrition of Exercise Management (3) EXSC 330 Exercise Science Practicum I (2) NATURAL SCIENCE/QUANTITATIVE REASONING (23) EXSC 330 Exercise Science Practicum I (2) NATURAL SCIENCE/QUANTITATIVE REASONING (23) BIOL 101/L Human Anatomy and Physiology II (4) EXSC 431 Exercise Related Pharmacology (3) BIOL 102/L Human Anatomy and Physiology II (4) EXSC 431 Exercise Science Practicum (4) EXSC 431 Exercise Science Practicum (4) EXSC 432 General Organic & Biochemistry (3) EXSC 440 Fitness Management (3) EXSC 451 Current Health Issues (1) CHEM 120 General Organic & Biochemistry (3) EXSC 440 Health Program Planning & Evaluation (3) EXSC 420 Meethods & Programming in Strength (3) EXSC 420 Meethods & Programming in Strength (3) EXSC 420 Applied Sports/Exercise Science (3) EXSC 420 Exercise Science (3) EXSC 430 Field Experience II (1) EXSC 305 Field Experie				
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ENGL 101 Writing I: The Writing Process (3) ENGL 104 Writing II: Research and Argum essays (3) EXSC 220 Care and Prevention of Injuries (3) EXSC 220 Personal and Community Health (3) EXSC 250 Personal and Community Health (3) EXSC 350 Not Physiology II W/lab (3+1) EXSC 350 Not Physiology II W/lab (3+1) EXSC 350 Personal and Community Health (3+1) EXSC 350 Personal Propagament (3+1) EXSC 350 Pe	SKILLS/PROCESSES FOR LITERACY (12)		EXERCISE SCIENCE CORE (54)	
ENGL 104 Writing II: Research and Argum essays (3) ISYS 100 Digital Foundations (3) EXSC 220 Care and Prevention of Injuries (3) EXSC 250 Personal and Community Health (3) EXSC 309 Exercise Physiology (3) EXSC 309 Exercise Physiology I W/lab (3+1) Humanities Fine Art or Art/Music (3) EXSC 320/L Biomechanics/Kinesiology w/lab (3+1) EXSC 320/L Biomechanics/Kinesiology w/lab (3+1) EXSC 322 Adapted Physical Activity (3) SOCIAL SCIENCE (9) EXSC 330 Nutrition of Exercise Management (3) EXSC 330 Nutrition of Exercise Management (3) EXSC 330 Nutrition of Exercise Management (3) EXSC 330 Exercise Science Practicum I (2) NATURAL SCIENCE/QUANTITATIVE REASONING (23) BIOL 101/L Human Anatomy and Physiology I (4) BIOL 101/L Human Anatomy and Physiology I (4) BIOL 102/L Human Anatomy and Physiology I (4) EXSC 431 Exercise Related Pharmacology (3) BIOL 102/L Human Anatomy and Physiology II (4) EXSC 440 Fitness Management (3) SCI 131 Nutrition (3) EXSC 435 Current Health Issues (1) CHEM 120 General Organic & Biochemistry (3) EXSC 490 Exercise Science Practicum (4) MATH 117 College Algebra (3) SOSC 341 Understanding Statistical Inference (3) EXSC 490 Exercise Science Capstone (3) EXSC 490 Exercise Science Capstone (3) EXSC 240 Methods & Programming in Strength (3) EXSC 350 Health Program Planning & Evaluation (3) EXSC 242 General Fitness Training (3) EXSC 243 Perf. Coaching Strategies (3) EXSC 344 Understanding Strategies (3) EXSC 345 Health Pro, Disease & Disability Prev. (3) EXSC 305 Fitnegth & Conditioning Lab (1) EXSC 345 Human & Sport Performance Training (3) EXSC 345 Human & Sport Performance Training (3) EXSC 343 Multi-Directional Speed (3)	INTD 101 University Seminar (3)		EXSC 110 Introduction to Exercise Science (3)	
ISYS 100 Digital Foundations (3) EXSC 220 Care and Prevention of Injuries (3) EXSC 250 Personal and Community Health (3) EXSC 260 Health and Exercise Psychology (3) English Literature or Foreign Language (3) EXSC 310/L Exercise Physiology II w/lab (3+1) Humanities Fine Art or Art/Music (3) EXSC 320/L Biomechanics/Kinesiology w/lab (3+1) EXSC 320/L Biomechanics/Kinesiology w/lab (3+1) EXSC 322 Adapted Physical Activity (3) EXSC 323 Movement in Health and Exercise (3) PSYC 101 General Psychology (3) EXSC 323 Movement in Health and Exercise (3) PSYC 254 Human Development (3) EXSC 330 Nutrition of Exercise Management (3) EXSC 330 Nutrition of Exercise Management (3) EXSC 330 Exercise Science Practicum I (2) NATURAL SCIENCE/QUANTITATIVE REASONING (23) BIOL 101/L Human Anatomy and Physiology I (4) BIOL 101/L Human Anatomy and Physiology II (4) EXSC 431 Exercise Related Pharmacology (3) BIOL 102/L Human Anatomy and Physiology II (4) EXSC 440 Fitness Management (3) EXSC 451 Current Health Issues (1) CHEM 120 General Organic & Biochemistry (3) MATH 117 College Algebra (3) EXSC 491 Exercise Science Practicum (4) MATH 117 College Algebra (3) EXSC 491 Exercise Science Capstone (3) SOSC 341 Understanding Statistical Inference (3) EXSC 440 Methods & Programming in Strength (3) EXSC 440 Pitness Management (15) EXSC 240 Methods & Programming in Strength (3) EXSC 420 Applied Sports/Exercise Science (3) EXSC 240 Personal Fitness Training (3) EXSC 240 Personal Fitness Training (3) EXSC 240 Personal Fitness Ceince (3) EXSC 241 Personal Program Planning & Evaluation (3) EXSC 243 Perf. Coaching Strategies (3) EXSC 240 Personal Fitness Ceince (3) EXSC 301 Field Experience I (1) EXSC 302 Field Experience I (1) EXSC 303 Field Experience I (1) EXSC 304 Human & Sport Performance Training (3) EXSC 343 Multi-Directional Speed (3)	ENGL 101 Writing I: The Writing Process (3)			
EXSC 250 Personal and Community Health (3) 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) EXSC 323 Movement in Health and Exercise (3) PSYC 101 General Psychology (3) EXSC 330 Nutrition of Exercise Management (3) EXSC 330 Virtual Fitness and Health (3) HIST/PSCI History or Government elective (3) EXSC 390 Exercise Science Practicum I (2) NATURAL SCIENCE/QUANTITATIVE REASONING (23) BIOL 101/L Human Anatomy and Physiology I (4) BIOL 101/L Human Anatomy and Physiology I (4) EXSC 431 Exercise Related Pharmacology (3) BIOL 102/L Human Anatomy and Physiology I (4) EXSC 431 Exercise Related Pharmacology (3) BIOL 102/L Human Anatomy and Physiology I (4) EXSC 440 Exercise Science Practicum (4) EXSC 490 Exercise Science Practicum (4) MATH 117 College Algebra (3) EXSC 491 Exercise Science Capstone (3) EXSC 240 Methods & Programming in Strength (3) EXSC 241 Marketing & Budgeting for Sports (3) EXSC 243 Perf. Coaching Strategies (3) EXSC 244 Methods Sports/Exercise Science (3) EXSC 245 Perf. Coaching Strategies (3) EXSC 246 Perf. Coaching Strategies (3) EXSC 247 Marketing & Budgeting for Sports (3) EXSC 248 Perf. Coaching Strategies (3) EXSC 301 Field Experience I (1) EXSC 305 Strength & Conditioning Lab (1) EXSC 305 Strength & Conditioning Lab (1) EXSC 343 Multi-Directional Speed (3)	ENGL 104 Writing II: Research and Argum essays (3)		EXSC 210 Stress Management (2)	
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BIOL 101/L Human Anatomy and Physiology I (4) BIOL 102/L Human Anatomy and Physiology II (4) BIOL 102/L Human Anatomy and Physiology II (4) BIOL 102/L Human Anatomy and Physiology II (4) SCI 131 Nutrition (3) CHEM 120 General Organic & Biochemistry (3) MATH 117 College Algebra (3) SOSC 341 Understanding Statistical Inference (3) EXSC 490 Exercise Science Practicum (4) EXSC 491 Exercise Science Capstone (3) Concentration Track – Wellness Management (15) EXSC ELECTIVES (6) EXSC 350 Health Program Planning & Evaluation (3) EXSC 240 Methods & Programming in Strength (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 303 Strength & Conditioning Lab (1) EXSC 343 Multi-Directional Speed (3) EXSC 343 Multi-Directional Speed (3)	HIST/PSCI History or Government elective (3)		EXSC 390 Exercise Science Practicum I (2)	
BIOL 101/L Human Anatomy and Physiology I (4) BIOL 102/L Human Anatomy and Physiology II (4) BIOL 102/L Human Anatomy and Physiology II (4) BIOL 102/L Human Anatomy and Physiology II (4) SCI 131 Nutrition (3) CHEM 120 General Organic & Biochemistry (3) MATH 117 College Algebra (3) SOSC 341 Understanding Statistical Inference (3) EXSC 490 Exercise Science Practicum (4) EXSC 491 Exercise Science Capstone (3) Concentration Track – Wellness Management (15) EXSC ELECTIVES (6) EXSC 350 Health Program Planning & Evaluation (3) EXSC 240 Methods & Programming in Strength (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 303 Strength & Conditioning Lab (1) EXSC 343 Multi-Directional Speed (3) EXSC 343 Multi-Directional Speed (3)				
BIOL 102/L Human Anatomy and Physiology II (4) SCI 131 Nutrition (3) CHEM 120 General Organic & Biochemistry (3) MATH 117 College Algebra (3) SOSC 341 Understanding Statistical Inference (3) EXSC 491 Exercise Science Capstone (3) Concentration Track — Wellness Management (15) EXSC 240 Methods & Programming in Strength (3) EXSC 240 Methods & Programming in Strength (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 303 Strength & Conditioning Lab (1) EXSC 343 Multi-Directional Speed (3) EXSC 343 Multi-Directional Speed (3)	NATURAL SCIENCE/QUANTITATIVE REASONING (23)		EXSC 410/L Exercise Test. & Prescript. w/lab (3+1)	
SCI 131 Nutrition (3) CHEM 120 General Organic & Biochemistry (3) MATH 117 College Algebra (3) SOSC 341 Understanding Statistical Inference (3) EXSC 491 Exercise Science Capstone (3) Concentration Track – Wellness Management (15) EXSC 240 Methods & Programming in Strength (3) EXSC 241 Marketing & Budgeting for Sports (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 303 Strength & Conditioning Lab (1) EXSC 343 Multi-Directional Speed (3) EXSC 343 Multi-Directional Speed (3)	BIOL 101/L Human Anatomy and Physiology I (4)		EXSC 431 Exercise Related Pharmacology (3)	
CHEM 120 General Organic & Biochemistry (3) MATH 117 College Algebra (3) SOSC 341 Understanding Statistical Inference (3) EXSC 491 Exercise Science Capstone (3) Concentration Track — Wellness Management (15) EXSC ELECTIVES (6) EXSC 240 Methods & Programming in Strength (3) EXSC 242 General Fitness Training (3) EXSC 243 Perf. Coaching Strategies (3) EXSC 244 Perf. Coaching Strategies (3) EXSC 301 Field Experience I (1) EXSC 302 Field Experience II (1) EXSC 305 Strength & Conditioning Lab (1) EXSC 343 Multi-Directional Speed (3) EXSC 344 Marketing & Budgeting for Sports (3) EXSC 420 Applied Sports/Exercise Science (3) EXSC 430 Applied Nutrition (3) EXSC 305 Strength & Conditioning Lab (1) EXSC 305 Strength & Conditioning Lab (1) EXSC 343 Multi-Directional Speed (3)	BIOL 102/L Human Anatomy and Physiology II (4)		EXSC 440 Fitness Management (3)	
MATH 117 College Algebra (3) SOSC 341 Understanding Statistical Inference (3) Concentration Track — Wellness Management (15) EXSC ELECTIVES (6) EXSC 240 Methods & Programming in Strength (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 343 Multi-Directional Speed (3) EXSC 343 Multi-Directional Speed (3)	SCI 131 Nutrition (3)		EXSC 451 Current Health Issues (1)	
SOSC 341 Understanding Statistical Inference (3) Concentration Track – Wellness Management (15) EXSC ELECTIVES (6) EXSC 240 Methods & Programming in Strength (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) EXSC 343 Multi-Directional Speed (3)	CHEM 120 General Organic & Biochemistry (3)		EXSC 490 Exercise Science Practicum (4)	
Concentration Track — Wellness Management (15) EXSC ELECTIVES (6) EXSC 240 Methods & Programming in Strength (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) EXSC 343 Multi-Directional Speed (3)	MATH 117 College Algebra (3)		EXSC 491 Exercise Science Capstone (3)	
EXSC ELECTIVES (6) EXSC 240 Methods & Programming in Strength (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) EXSC 343 Multi-Directional Speed (3)	SOSC 341 Understanding Statistical Inference (3)			
EXSC 240 Methods & Programming in Strength (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 341 Marketing & Budgeting for Sports (3) EXSC 420 Applied Sports/Exercise Science (3) EXSC 430 Applied Nutrition (3) EXSC 450 Health Pro, Disease & Disability Prev. (3) EXSC 302 Field Experience II (1) EXSC 305 Strength & Conditioning Lab (1) EXSC 342 Human & Sport Performance Training (3) EXSC 343 Multi-Directional Speed (3)			Concentration Track – Wellness Management (15)	
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) EXSC 343 Multi-Directional Speed (3)	EXSC ELECTIVES (6)		EXSC 350 Health Program Planning & Evaluation (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) EXSC 343 Multi-Directional Speed (3)	EXSC 240 Methods & Programming in Strength (3)		EXSC 341 Marketing & Budgeting for Sports (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) EXSC 343 Multi-Directional Speed (3)	EXSC 242 General Fitness Training (3)		EXSC 420 Applied Sports/Exercise Science (3)	
EXSC 302 Field Experience II (1) EXSC 305 Strength & Conditioning Lab (1) EXSC 342 Human & Sport Performance Training (3) EXSC 343 Multi-Directional Speed (3)	EXSC 243 Perf. Coaching Strategies (3)		EXSC 430 Applied Nutrition (3)	
EXSC 305 Strength & Conditioning Lab (1) EXSC 342 Human & Sport Performance Training (3) EXSC 343 Multi-Directional Speed (3)	EXSC 301 Field Experience I (1)		EXSC 450 Health Pro, Disease & Disability Prev. (3)	
EXSC 342 Human & Sport Performance Training (3) EXSC 343 Multi-Directional Speed (3)	EXSC 302 Field Experience II (1)			
EXSC 343 Multi-Directional Speed (3)	EXSC 305 Strength & Conditioning Lab (1)			
• • • • • • • • • • • • • • • • • • • •	EXSC 342 Human & Sport Performance Training (3)			
PSYC 460 Sport Psychology (3) TOTAL CREDIT REQUIREMENT (128)	EXSC 343 Multi-Directional Speed (3)			
	PSYC 460 Sport Psychology (3)		TOTAL CREDIT REQUIREMENT (128)	

^{*}Total credits must meet or exceed 128 hours with 60 hours taken at a four-year institution

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:Revised: 3/22/2019	Program director:				

^{**}T/M stands for Transfer or Marvville Credit