

NAME: _____

B.S. Degree: Exercise Science Major (for students entering in Fall 2025/Spring 2026)

In the "WHAT" column, enter the specific course number when applicable--e.g. HIST 121. In the "WHEN" column, enter the term and year in which the requirement is satisfied--e.g., sp '20.

Liberal Arts Core	
WHAT	WHEN
_____	ENGL 101* w/ C (2.0) [3 hrs]
_____	ENGL 110 w/ C (2.0) [3 hrs]
_____	COMM 211 w/ C (2.0) [3 hrs]
_____	Dept senior seminar/writing course
_____	Met by: _____ EXSC 420 [3 hrs]
_____	FYEX 101 [3 hrs]
_____	FYEX 102 [1 hr]
_____	FYEX 103/104/105/106/107 [1 hr]
_____	FYEX 103/104/105/106/107 [1 hr]
_____	FYEX 401 [1 hr]
_____	Foundational Scientific Inquiry [3-4 hrs]
_____	Foundational Quantitative Analysis [3-4 hrs]
_____	Foundational Humanities & Liberal Arts [3 hrs]
 <i>No more than two lens courses may come from same departmental prefix and one lens must be taken at 300 level or above.</i>	
_____	Ethical/Spiritual Explor Lens (ETSP) [3 hrs]
_____	Aesthetic Expression Lens (AEXP) [3 hrs]
_____	Per & Soc Well Being Lens (PSWB) [3 hrs]
_____	#Satisfied by EXSC 240
_____	Cultural Perspectives Lens (CEXP) [3 hrs]
_____	Experimental Inquiry Lens (EXIN) [3 hrs]
_____	40 - 42 Total semester hours
_____	120 semester hours required for graduation

Exercise Science	
WHAT	WHEN
_____	EXSC 140 [3 hrs]
_____	EXSC 168 [3 hrs]
_____	EXSC 205 [3 hrs]
_____	EXSC 220 [3 hrs]
_____	#EXSC 240 [3 hrs]
_____	EXSC 303 [3 hrs]
_____	EXSC 320 [3 hrs]
_____	EXSC 320L [1 hr]
_____	EXSC 325 [3 hrs]
_____	EXSC 325L [1 hr]
_____	EXSC 331 [1 hr]
_____	EXSC 338 [3 hrs]
_____	EXSC 340 [3 hrs]
_____	EXSC 395 [1 hr]
_____	EXSC 405 [1 hr]
_____	EXSC 406 [2 hrs]
_____	EXSC 420 [3 hrs]
_____	BIOL 151 [4 hrs]
_____	BIOL 152 [4 hrs]
_____	BIOL 164+164L/220+220L [4 hrs]
_____	MATH 115 [3 hrs]
_____	PHYS 152 [3 hrs]
_____	PHYS 152L [1 hr]
_____	PSYC 101 [3 hrs]
_____	CHEM 105/107L [4 hrs]
_____	CHEM 106/108L [4 hrs]
_____	OR
_____	CHEM 131/133L [4 hrs]
_____	CHEM 132/134L [4 hrs]
_____	OR
_____	CHEM 161/163L [4 hrs]
_____	66-70 semester hours

*Enter NA (not applicable) if waived upon admission

#Lens course in the major

For students classified as transfers, FYEX course requirements are dependent upon total transferrable credit hours.

➤ Except in specifically approved majors, a maximum of 52 hours in an academic discipline may count toward graduation. Three hours over the limit may count to accommodate an internship in the discipline.

➤ Only six hours of any minor may overlap with the required credit hours of a student's chosen major. The overlap constraint is not applicable to courses that majors or minors MUST take in others departments.

EXERCISE SCIENCE (EXSC.BS)

<u>Required Courses</u>	<u>Hrs.</u>	<u>Prereq.</u>	<u>Rec.Yr.</u>
EXSC 140 First Aid & Safety	3		Fr
EXSC 168 Medical Terminology	3		Fr
EXSC 205 Foundations of Health & Wellness	3		Soph
EXSC 220 Psychology of Injury	3	PSYC 101	Soph
EXSC 240 Fundamentals of Human Nutrition	3		Soph/Jr
EXSC 303 Org & Adm in Health Professions	3	EXSC majors	Jr/Sr
EXSC 320 Exercise Physiology	3	BIOL 151, 152	Jr
EXSC 320L Exercise Physiology Lab	1	Corereq EXSC 320	Jr
EXSC 325 Kinesiology	3	BIOL 151, 152	Jr
EXSC 325L Kinesiology Lab	1	Corereq EXSC 325	Jr
EXSC 331 Exer Tests & Prescriptions Lab	1	EXSC 320;	Jr
		Coreq EXSC 338	
EXSC 338 Exercise Test & Prescription	3	EXSC 320; Coreq EXSC 331	Jr
EXSC 340 Adv Nutrition & Sport Pharmacology	3	EXSC 240	Jr/Sr
EXSC 395 Exercise Science Internship	1	EXSC 338	Jr/Sr
EXSC 405 Clinical Experience I	1	Sr level status	Sr
EXSC 406 Clinical Experience II	2	EXSC 331, 338;	Sr
		EXSC 405 or P/I	
^EXSC 420 Research Design in Exercise Science	3	Senior standing	Sr
BIOL 151 Anatomy & Physiology I	3		Fr
BIOL 151L Lab	1	Coreq BIOL 151	Fr
BIOL 152 Anatomy & Physiology II	3	Successful completion of BIOL 151	Fr
BIOL 152L Lab	1	Coreq BIOL 152	Fr
BIOL 164 Principles of Organismal Biology	3		Soph
BIOL 164L Lab	1	Coreq BIOL 164	Soph
	<u>OR</u>		
BIOL 220 General Microbiology	3	BIOL 152	
BIOL 220L Lab	1	Coreq BIOL 220	Soph
CHEM 105 General Chemistry I*	3		Fr
CHEM 107L General Chemistry I Lab	1		
CHEM 106 General Chemistry II	3		
CHEM 108L General Chemistry II Lab	1		
	<u>OR</u>		
CHEM 131 General Chemistry for Science Majors I	3		Fr
*Prerequisite: Must have passed at least one year of high school chemistry or one semester of college chemistry equivalent to CHEM 105/107L or above AND at least one of the following: MATH ACT score of 20, MATH SAT score of 500, grade of C or better in one of the classes: MATH 103, 110, 112, 115, 130, 161.			
CHEM 133L General Chemistry for Science Maj Lab I	1	Coreq CHEM 131	
CHEM 132 General Chemistry for Science Maj II	3		
CHEM 134L General Chemistry for Science Maj II Lab	1		
	<u>OR</u>		
CHEM 161 Accelerated General Chemistry for Sci Maj I	3	Placement	
CHEM 163L Acc General Chemistry for Sci Maj Lab	1		
MATH 115 Elementary Statistics	3		Soph
PHYS 152 General Physics II	3		Jr
PHYS 152L Lab	1	Coreq PHYS 152	Jr
PSYC 101 General Psychology	3		Fr
<hr style="width: 10%; margin-left: auto; margin-right: 0;"/> 66-70 hours			

PHYS 151 is strongly recommended

^Satisfies advanced writing requirement