NAME: _____

B.S./M.A.T: 5 Year Undergraduate Exercise Science/Master in Athletic Training 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 640 [2 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]

No more than two lens courses may come from same departmental prefix and one lens must be taken at 300 level or above.

_____	_____	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 undergraduate semester hours required for graduation

*Enter NA (not applicable) if waived upon admission or if completing the honors program.

#Lens course in the major

➢The following limits apply when counting hours applicable toward the 120 required for graduation: 4 hours of physical activity (EXSC) and 8 hours of MUSC 149.

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

NOTE: Students must apply for admission into the program. See catalog for formal admission requirements.

Exercise Science Major

WHAT	WHEN	
	_____	EXSC 140 [3 hrs]
	_____	EXSC 168 [3 hrs]
	_____	EXSC 205 [3 hrs]
	_____	EXSC 220 [3 hrs]
	_____	#EXSC 240 [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 360 [3 hrs]
	_____	BIOL 151 [3 hrs]
	_____	BIOL 151L [1 hr]
	_____	BIOL 152 [3 hrs]
	_____	BIOL 152L [1 hr]
_____	_____	BIOL 164+164L/220+220L [4 hrs]
	_____	MATH 115 [3 hrs]
	_____	PHYS 152+152L [4 hrs]
	_____	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]

M.A.T Courses [49 hrs]

_____	EXSC 505 [3 hrs]
_____	EXSC 506 [2 hrs]
_____	EXSC 515 [2 hrs]
_____	EXSC 535 [2 hrs]
_____	EXSC 536 [3 hrs]
_____	EXSC 540 [3 hrs]
_____	EXSC 545 [3 hrs]
_____	EXSC 550 [2 hrs]
_____	EXSC 570 [3 hrs]
_____	EXSC 605 [3 hrs]
_____	EXSC 610 [3 hrs]
_____	EXSC 613 [2 hrs]
_____	EXSC 635 [2 hrs]
_____	EXSC 640 [2 hrs]
_____	EXSC 645 [2 hrs]
_____	EXSC 655 [2 hrs]
_____	EXSC 670 [3 hrs]
_____	EXSC 675 [6 hrs]
_____	EXSC 678 [1 hr]

➢ 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.

5 YR UNDERGRADUATE EXERCISE SCIENCE/MAT (5YEXSC.MAT)

Undergraduate Requirements		Hrs.	Prereq.	Rec.Yr.
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/Jr
EXSC 240	Fundamentals of Human Nutrition	3		Soph/Jr
EXSC 320	Exercise Physiology	3	BIOL 151, 152	Jr
EXSC 320L	Exercise Physiology Lab	1	Pre or coreq EXSC 320	Jr
EXSC 325	Kinesiology	3	BIOL 151, 152	Jr
EXSC 325L	Kinesiology Lab	1	Pre or coreq EXSC 325	Jr
EXSC 331	Exer Tests & Prescriptions Lab	1	EXSC 320; Coreq EXSC 338	Jr
EXSC 338	Exercise Test & Prescription	3	EXSC 320; Coreq EXSC 331	Jr
EXSC 340	Adv Nutrition & Sport Pharmacology	3	EXSC 240	Jr/Sr
EXSC 360	Foundations of Strength & Conditioning	3	EXSC 320, 325	Jr
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 164/164L	Principles of Organismal Biology + lab	3/1		Soph
	OR			
BIOL 220/220L	General Microbiology + lab	3/1	BIOL 152	
PSYC 101	General Psychology	3		Fr
CHEM 105	General Chemistry I	3		Fr
CHEM 107L	General Chemistry I Lab	1		
	OR			
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 Majors Lab I	1	Coreq CHEM 131	
	OR			
CHEM 161	Accelerated General Chemistry for Science Majors I	3	Placement	
CHEM 163L	Acc General Chemistry for Science Majors Lab			
MATH 115	Elementary Statistics	3		Soph
PHYS 152	General Physics II	3		Jr
PHYS 152L	Lab	1	Coreq PHYS 152	Jr
		59-63 hours		

Graduate Requirements				
EXSC 505	Foundations of Patient Care	3		
EXSC 506	Advanced Emergency Care for the Athletic Trainer	2		
EXSC 515	Principles of Athletic Training	2		
EXSC 535	Clinical Experience I	2	Coreqs EXSC 506, 515, 550	
EXSC 536	Clinical Experience II	3	Coreqs EXSC 540, 605	
EXSC 540	Evaluation and Treatment of Lower Extremity	3		
EXSC 545	Evaluation and Treatment of Upper Extremity	3		
EXSC 550	Orthopedic Support & Immobilization Techniques	2		
EXSC 570	Therapeutic Interventions	3		
EXSC 605	Eval & Treatment of General Medical Conditions	3		
EXSC 610	Cardiopulmonary Issues & the Athletic Trainer	3		
EXSC 613	Psychosocial Aspects of Athletic Training	2		
EXSC 635	Rehabilitative Interventions	2		
^EXSC 640	Research in Athletic Training	2		
EXSC 645	Healthcare Administration in Athletic Training	2		
EXSC 655	Professional Topics in Athletic Training	2		
EXSC 670	Clinical Experience III	3	Coreqs EXSC 545, 570, 635, 645	
EXSC 675	Immersive Clinical Experience	6		
EXSC 678	Current Topics in Athletic Training	1		
		49 graduate hours		

108-112 total hours

^Satisfies advanced writing requirement