

## EXERCISE SCIENCE MAJOR (EXSC.BS)

<u>Required Courses</u>		<u>Hrs.</u>	<u>Prereq.</u>	<u>Rec.Yr.</u>
EXSC 110	Exercise & Weight Control	3		Fr
EXSC 130	Personal & Community Health	3		Fr
EXSC 140	First Aid & Safety	3		Fr
	<u>OR</u>			
EXSC 164	Emergency Care of the Athlete	4		Fr
EXSC 220	Psychology of Injury	3	PSYC 101	Soph
	<u>OR</u>			
EXSC 261	Sport & Exercise Psychology	3	PSYC 101	Soph
EXSC 240	Fundamentals of Human Nutrition	3		Soph/Jr
EXSC 303	Org & Adm in Allied Health Professions	3	EXSC/AT majors	Jr/Sr
EXSC 315	Exercise Science Practicum I	1	EXSC 110, 140; Pre or coreq EXSC 320	Jr
EXSC 316	Exercise Science Practicum II	1	EXSC 315	
EXSC 320	Exercise Physiology	3	BIOL 151, 152	Jr
EXSC 325	Kinesiology	3	BIOL 151, 152	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	Found of Strength & Conditioning	3	EXSC 320, 325	Jr/Sr
EXSC 395	Internship in Exercise Science	1	EXSC 331, 338	Sr
EXSC 415	Exercise Science Practicum III	1	EXSC 316, 320, 325	Sr
EXSC 416	Exercise Science Practicum IV	1	EXSC 415, 320, 325	Sr
^EXSC 420	Research Design in Exercise Science	3	Sr Standing	Sr
BIOL 151	Anatomy & Physiology I	4		Soph
BIOL 152	Anatomy & Physiology II	4	BIOL 151	Soph
PSYC 101	General Psychology	3		Fr
CHEM ***	Eight hours of Chemistry	8		

61-62 total hours

The Exercise Science majors serves to prepare students for a wide range of graduate study and/or careers in the fields of health and wellness, fitness, exercise physiology, sports medicine and other allied health fields.

^Satisfies advanced writing requirement

NAME: \_\_\_\_\_

**B.S. Degree: Exercise Science Major (for students entering in Fall 2019/Spring 2020)**

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 '00.

General Education		Exercise Science	
WHAT	WHEN	WHAT	WHEN
_____	ENGL 101/INDS 106* w/ C (2.0) [3 hrs]	_____	EXSC 110 [3 hrs]
_____	ENGL 102/INDS 102* w/ C(2.0)* [3 hrs]	_____	EXSC 130 [3 hrs]
_____	COMM 211/INDS 103 w/ C(2.0) [3 hrs]	_____	EXSC 140/164 [3-4 hrs]
_____	Dept senior seminar/writing course	_____	EXSC 220/261 [3 hrs]
_____	Met by : _____EXSC 420 [3 hrs]	_____	EXSC 240 [3 hrs]
_____	_____	_____	EXSC 303 [3 hrs]
_____	BIOL/CHEM/ENVS/PHSC/PHYS w/ lab	_____	EXSC 315 [1 hr]
_____	[3 hrs]/INDS 112 [4 hrs]	_____	EXSC 316 [1 hr]
_____	BIOL/CHEM/ENVS/PHSC/PHYS w/ lab	_____	EXSC 320 [3 hrs]
_____	[3 hrs]/INDS 112 [4 hrs]	_____	EXSC 325 [3 hrs]
_____	MATH (except 112,141,203,205)/	_____	EXSC 331 [1 hr]
_____	BIOL 215/PSYC 230/INDS 114 [3-4 hrs]	_____	EXSC 338 [3 hrs]
_____	RELG/INDS 111 [3-4 hrs]	_____	EXSC 340 [3 hrs]
_____	PHIL [3 hrs]/INDS 110 [4 hrs]	_____	EXSC 360 [3 hrs]
_____	INDS 120 [3 hrs]/INDS 116 [4 hrs]	_____	EXSC 395 [1 hr]
_____	Any literature course/INDS 113[3 hrs]	_____	EXSC 415 [1 hr]
_____	Fine Arts	_____	EXSC 416 [1 hr]
_____	_____ ART (except 265)/	_____	EXSC 420 [3 hrs]
_____	DANC/MUSC/THRE/ENGL 213/	_____	BIOL 151 [4 hrs]
_____	INDS 107 [3-4 hrs]	_____	BIOL 152 [4 hrs]
_____	OR	_____	CHEM [4 hrs]
_____	_____ MUSC/THRE [2 hrs]	_____	CHEM [4 hrs]
_____	_____ same discipline [1 hr]	_____	PSYC 101 [3 hrs]
_____	OR	_____	61-62 semester hours
_____	_____ MUSC/THRE [1 hr]		
_____	_____ same discipline [1 hr]		
_____	_____ same discipline [1 hr]		
_____	HIST 100 or 200 level except HIST 201/		
_____	or INDS 117 [3-4hrs]		
_____	CJUS/ECON/GEOG/GNST/POLS/PSYC/		
_____	SOCI [3hrs]/INDS 104 [4 hrs]		
_____	US Cultural Studies [3 hrs]/INDS 109 [4 hrs]		
_____	Non-Western Cultural Studies [3 hrs]/		
_____	INDS 108 [4 hrs]		
_____	EXSC 110/120/121/130/201/240		
_____	[3 hrs]/INDS 105 [4 hrs]		
_____	120 semester hours required for graduation		

➤ 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.

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