

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	Jr
			EXSC 331	
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	4		Fr
BIOL 152	Anatomy & Physiology II	4	BIOL 151 w/min grade C-	Fr
BIOL 164	Principles of Organismal Biology	4		Soph
	<u>OR</u>			
BIOL 220	General Microbiology	4	BIOL 152	
CHEM 105	General Chemistry I*	3		Fr
CHEM 107L	General Chemistry I 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	
	<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	4		Jr
PSYC 101	General Psychology	3		Fr
		<u>66-70 hours</u>		

PHYS 151 is strongly recommended

^Satisfies advanced writing requirement

NAME: _____

B.S. Degree: Exercise Science Major (for students entering in Fall 2023/Spring 2024)

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.

General Education		Exercise Science	
WHAT	WHEN	WHAT	WHEN
_____	ENGL 101* w/ C (2.0) [3 hrs]	_____	EXSC 140 [3 hrs]
_____	ENGL 110 w/ C (2.0)* [3 hrs]	_____	EXSC 168 [3 hrs]
_____	COMM 211 w/ C (2.0) [3 hrs]	_____	EXSC 205 [3 hrs]
_____	Dept senior seminar/writing course	_____	EXSC 220 [3 hrs]
_____	Met by: _____ EXSC 420 [3 hrs]	_____	EXSC 240 [3 hrs]
_____	FYEX 101 [3 hrs]	_____	EXSC 303 [3 hrs]
_____	FYEX 102 [1 hr]	_____	EXSC 320 [3 hrs]
_____	FYEX 103/104/105/106/107 [1 hr]	_____	EXSC 321L [1 hr]
_____	FYEX 103/104/105/106/107 [1 hr]	_____	EXSC 325 [3 hrs]
_____	FYEX 401 [3 hrs]	_____	EXSC 325L [1 hr]
_____	Foundational Scientific Inquiry [3-4 hrs]	_____	EXSC 331 [1 hr]
_____	Foundational Quantitative Analysis [3-4 hrs]	_____	EXSC 338 [3 hrs]
_____		_____	EXSC 340 [3 hrs]
_____		_____	EXSC 395 [1 hr]
_____		_____	EXSC 405 [1 hr]
_____		_____	EXSC 406 [1 hr]
_____		_____	EXSC 420 [3 hrs]
_____		_____	BIOL 151;min grade C- [4 hrs]
_____	Ethical/Spiritual Explor Lens (ETSP) [3 hrs]	_____	BIOL 152 [4 hrs]
_____	Aesthetic Expression Lens (AEXP) [3 hrs]	_____	BIOL 164/220 [3-4 hrs]
_____	Per & Soc Well Being Lens (PSWB) [3 hrs]	_____	MATH 115 [3 hrs]
_____	Cultural Perspectives Lens (CEXP) [3 hrs]	_____	PHYS 152 [4 hrs]
_____	Experimental Inquiry Lens (EXIN) [3 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]
_____		_____	66-70 semester hours
_____	36 - 42 Total semester hours		
_____	120 semester hours required for graduation		

*Enter NA (not applicable) if waived upon admission

➤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.