

## 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 |
|                                                                                                                                                                                                                                                                                                                     | OR                                                 |                     |                                |         |
| EXSC 261                                                                                                                                                                                                                                                                                                            | Found Sport & Exercise Psychology                  | 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;                      | 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 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       | Fr      |
|                                                                                                                                                                                                                                                                                                                     |                                                    |                     | BIOL-151                       |         |
| BIOL 152L                                                                                                                                                                                                                                                                                                           | Lab                                                | 1                   | Coreq BIOL 152                 | Fr      |
| BIOL 1**                                                                                                                                                                                                                                                                                                            | Biology elective, 163 or above                     | 4                   |                                | Fr      |
| 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

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

**B.S./M.A.T.: 5 Year Undergraduate Exercise Science/Master in Athletic Training Major (for students entering in Fall 2026/Spring 2027)**

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]                |
| _____             | 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]     |

39 - 41 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 220/261 [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 elect, 163 or above [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]            |
| <b>M.A.T Courses [49 hrs]</b> |                                  |
| _____                         | 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.