

EXERCISE SCIENCE ACADEMIC PLAN

1 st Year - Fall Semester			<i>Credits</i>	1 st Year - Spring Semester			<i>Credits</i>
ENG 101	Writing I	3		ENG 102	Writing II	3	
BIO 205	Anatomy & Physiology I* AI(S)†	4		BIO 206	Anatomy & Physiology II*	4	
EXSC 101	Essentials of Musculoskeletal Anatomy	2		AT 202	Foundations in Sports Medicine*	4	
FYS 101	First Year Seminar	3		AT 104	Professional Interactions AI(ME & MC)†	3	
AT 103	Techniques of Emergency Care	3		MATH 203	Pre-calculus***	3	
			15				17
2 nd Year – Fall Semester				2 nd Year – Spring Semester			
EXSC 211	Intro to Personal Training	3		XXXXX	General Education Elective (A or H)	3	
PSYC 101	Intro to Psychology AI(PS)†	3		EXSC 107	Lifestyles and Human Behavior	3	
EXSC 209	Performance Nutrition	3		MATH 208	Intro to Statistics*** AI(Q)†	3	
EXSC 203	Motor Learning	3		EXSC 222	Kinesiology*	4	
PHY 111	Physics I*	4		XXXXX	Elective	3	
			16				16
3 rd Year - Fall Semester				3 rd Year - Spring Semester			
PSYC 2XX	Developmental Psychology Elective	3		EXSC 305	Strength & Conditioning*	4	
AT 301	Pathophysiology	3		PYSC 240	Sports Psychology	3	
EXSC 302	Exercise Physiology*	4		EXSC 304	Exercise Testing & Prescription*	4	
XXXXX	General Education Elective (A or H)	3		XXXXX	Elective	3	
XXXXX	Elective	3					14
			16				
4 th Year – Fall Semester				4 th Year – Spring Semester			
EXSC 307	Exercise Program Design*	4		EXSC 403	Exercise for Special Populations	3	
EXSC 340	Research Concepts	3		EXSC 415	Exercise Science Capstone	3	
EXSC 401	Exercise Science Seminar	1		EXSC 420	Field Experience in Exercise Science II**	6	
EXSC 405	Organization & Healthcare Administration	3					12
EXSC 410	Field Experience in Exercise Science I**	3					
			14				

*Include a laboratory component; **To qualify for Field Experiences, students must obtain certificates in First Aid & CPR and bloodborne pathogens training. Training and certifications are provided through the required curriculum courses; ***May require prior coursework depending upon Math placement; †Courses marked with an **Area of Inquiry (AI)** code fulfill Area of Inquiry requirements in the General Education Core. See pages 16-23 in the College handbook for all Gen. Ed. Requirements as well as the **AI codes**.