

Exercise Science

4-YEAR PLAN

This example four-year plan is provided as a broad framework that you can follow in order to complete your degree within four years. Be sure to always consult your academic advisor before registering for classes.

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| Y1 | MATH203 Precalculus | 3 • |
| | BIO205 Anatomy & Physiology 1 | 4 • |
| | WRT 101 Writing I | 3 • |
| | FYS103/HON101 First Year Seminar/ Honors Colloquium | 3 • |
| | BIO104 Foundations of Health Prof. | 3 • |
| | BIO206 Anatomy & Physiology 2 | • 4 |
| | EXSC103 Ess. Skills & Tech for Exc. Sci. & Sport Prof. | • 3 |
| | WRT102 Writing II | • 3 |
| | SOC103 Equity and Intersectionality (KP) | • 3 |
| | EXSC107 Healthy Lifestyles & Human Behavior | • 3 |
| Y2 | EXSC106 Functional Anat & Resistance Training | 3 • |
| | PSYC101 Intro Psychology | 3 • |
| | PHYS111 Physics 1 | 4 • |
| | HIST104 World Civ 2 (KP) | 3 • |
| | Aesthetics (KP) | 3 • |
| | EXSC222 Kinesiology | • 4 |
| | MATH208 Statistics | • 3 |
| | EXSC211 Principles of Personal Training | • 3 |
| | MDSC203 Multidisciplinary Experience | • 3 |
| | Elective or Minor course | • 3 |
| Y3 | EXSC209 Performance Nutrition | 3 • |
| | EXSC302 Exercise Physiology | 4 • |
| | PHIL302 Ethics | 3 • |
| | BIO301 Pathophysiology | 3 • |
| | EXSC405 Org & Admin of Health & Sports Programs | 3 • |
| | EXSC304 Exercise Testing & Prescription | • 4 |
| | EXSC305 Strength & Conditioning | • 4 |
| | EXSC410 Internship/Field Experience | • 3 |
| | PSYC2XX Psyc Elective | • 3 |
| | EXSC401 Professional Development Seminar | • 2 |
| Y4 | EXSCXXX EXSC elective | 3 • |
| | EXSC340 Research Concepts | 3 • |
| | EXSC403 Exercise Prescr for Special Pops | 3 • |
| | Elective or Minor course | 3 • |
| | Elective or Minor course | 3 • |
| | EXSC425 Internship/Field Experience | • 3 |
| | EXSC430 Exercise Science Capstone | • 3 |
| | Elective or Minor course | • 3 |
| | Elective or Minor course | • 3 |
| | Elective or Minor course | • 3 |

TOTAL CREDITS: 123