

Exercise Science Suggested Progression 2020-2021

Freshman Year

Fall Semester	Cr	Spring Semester	Cr
BIO 101 Biological Concepts or BIO 221 Zoology	4	BIO 227/228 Human Anatomy and lab	4
EXS 100T Transitions	1	EXS 101 Introduction to EXS	3
MAT 140 College Algebra	4	MAT 145 Trigonometry	3
ENG 105 Critical Reading, Writing and Inquiry	4	HEA 260 Intro. to Medical Ethics or PHI 202 Ethics	3
COM 161 Public Speaking	3	University Studies (US) Elective Global Awareness	3
TOTAL	16	TOTAL	16

Sophomore Year

Fall Semester	Cr	Spring Semester	Cr
BIO 229/230 Human Physiology	4	EXS 370 Kinesiology	3
EXS 275 Exercise Instruction	3	EXS 200/201 Scholarly Writing in EXS/Data Eval in EXS	1-2
STA 135 Intro to Prob. And Statistics	4	NTN 230 Nutrition	3
Restricted elective (advisor approved)	3-4	PSY 180 General Psychology	3
		Restricted elective (advisor approved)	3-4
TOTAL	14-15	TOTAL	13-15

Junior Year

Fall Semester	Cr	Spring Semester	Cr
EXS 350/351 Exercise Physiology (3) and lab (2)	5	EXS 353/354 Exercise Testing lecture and lab	4
EXS 301 Care and Prevention of Injuries	3	EXS 333 Strength and Conditioning	3
CHE 111 Essentials of Chem/Biochem or CHE 201 General College Chemistry	5	EXS 375 Biomechanics	3
Restricted elective (advisor approved)	3	Restricted elective (advisor approved)	3-5
TOTAL	16	TOTAL	13-15

Senior Year

Fall Semester	Cr	Spring Semester	Cr
EXS 385 Sport and Exercise Psychology	3	EXS 469 Professional Experience I	3
EXS 405 Exercise Prescription	3	EXS 445 Senior Seminar I	1
EXS 471 Organizational Management in Health Science	3	Restricted electives (advisor approved)	5-9
Restricted electives (advisor approved)	3	CIV 201 or 202 World Civilization	3
HUM 211 Hum. In the Modern World	3		
TOTAL	15	TOTAL	12-16