

Exercise Science (BS)

The following course sequence sheet is for illustrative purposes only and should not be construed as formal academic advisement. Course selections and sequence may vary depending on course availability and counsel from your academic adviser. You should consult an academic adviser before developing an actual academic plan.

Cr.	First Semester	Cr.	Second Semester
3	EXERSCI.161 Intro to Exercise Science	3	CHEM.101 Introduction to Chemistry
3	ENGLISH.101 Composition 1	3	PSYCH.101 General Psychology
3	SOC.211 Principles of Sociology	3	ENGLISH.201 Composition 2
3	MATH.141 Intro to Statistics	3	General Education Group A
3	Communications Course	3	General Education Group C
15	Total Semester Credits	15	Total Semester Credits
Cr.	Third Semester	Cr.	Fourth Semester
4	BIOLOGY.173 Anatomy & Physiology I	3	BIOLOGY.205 Introduction to Nutrition
3	BIOLOGY.230 Human Sexuality*	4	BIOLOGY.174 Anatomy & Physiology II
4	PHYSICS.111 Introduction to Physics	3	General Education Group A
2	EXERSCI.270 Exercise & You	3	General Education Group B
3	General Education Group A	3	EXERSCI.334 Women in Sport *
16	Total Semester Credits	16	Total Semester Credits
Cr.	Fifth Semester	Cr.	Sixth Semester
3	EXERSCI.351 Kinesiology	3	EXERSCI.380 Research Methods Exercise Science
4	EXERSCI.378 Exercise Physiology I	3	EXERSCI.478 Exercise Physiology II
3	BIOLOGY.231 Biology of Aging	3	EXERSCI.360 Sport Nutrition
3	General Education Group A	3	General Education Group B
3	EXERSCI.294 Resistance Training Techniques	3	Exercise Science Elective
16	Total Semester Credits	15	Total Semester Credits
Cr.	Seventh Semester	Cr.	Eighth Semester
3	EXERSCI.321 First Aid & Safety	3	Exercise Science Elective
3	EXERSCI.450 ECG Interpretation/Exercise Testing	3	Elective
3	EXERSCI.477 Exercise Prescription & Programming	6/12	EXERSCI.498 Internship in Exercise Science

3 EXERSCI.306 Psychology of Sport

3 EXERSCI.414 Ex. Px. & Prog Special Pop

15 Total Semester Credits

12 Total Semester Credits

TOTAL CREDITS: 120

IMPORTANT NOTES:

The sequence of General Education courses is an example only; they may be taken in any order. Consult advisor when selecting option electives. Two of the courses selected for the Major, General Education OR Free Elective must also qualify as Diversity courses. See list of Diversity Courses and consult advisor. * Cultural Diversity Requirements