

## 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.

<b>Cr.</b>	<b>First Semester</b>	<b>Cr.</b>	<b>Second Semester</b>
3	EXERSCI.161 Intro to Exercise Science	4	BIOLOGY.173 Anatomy & Physiology I
3	EXERSCI.270 Exercise & You	3	BIOLOGY.205 Introduction to Nutrition
1	INTSTUDY.100 University Seminar	3	ENGLISH.101 Foundations of College Writing
3	MATH.141 Intro to Statistics	3	General Education Course
4	PHYSICS.201 Introduction to Physics I	3	General Education Course
3	General Education Course		
17	Total Semester Credits	16	Total Semester Credits
<b>Cr.</b>	<b>Third Semester</b>	<b>Cr.</b>	<b>Fourth Semester</b>
4	BIOLOGY.174 Anatomy & Physiology II	3	CHEM 101.Introduction to Chemistry
3	EXERSCI.255 Functional Anatomy	3	EXERSCI.294 Resistance Training Techniques
3	EXERSCI.306 Psychology of Sport	3	EXERSCI.295 Tests & Assessments in Ex Sci
3	General Education Course	3	General Education Course
3	General Education Course	3	General Education Course
16	Total Semester Credits	15	Total Semester Credits
<b>Cr.</b>	<b>Fifth Semester</b>	<b>Cr.</b>	<b>Sixth Semester</b>
3	EXERSCI.351 Biomechanics	3	EXERSCI.380 Res Methods Exercise Science
3	EXERSCI.360 Sport Nutrition	3	EXERSCI.478 Exercise Physiology II
4	EXERSCI.378 Exercise Physiology I	3	EXERSCI.414 Ex Prescript & Prog Spec Pops
3	Exercise Science Elective	3	General Education Course
3	General Education Course	3	Exercise Science Elective
16	Total Semester Credits	15	Total Semester Credits
<b>Cr.</b>	<b>Seventh Semester</b>	<b>Cr.</b>	<b>Eighth Semester</b>
3	EXERSCI.261 First Aid & Safety	6-12	EXERSCI 498 Internship in Exercise Science
3	EXERSCI.477 Ex Prescript & Programming	0-6	General Education Course (credits as needed)
3	Exercise Science Elective		
3	General Education Course		
3	General Education Course		
15	Total Semester Credits	12	Total Semester Credits

TOTAL CREDITS: 120+