



Major: **Exercise Science**
2018-2019 - Status Sheet

Minor: **Health**
Degree: **Bachelor of Science**

120 hours are required to graduate _____
36 hours of upper level are required _____

B.BS.EXSC-SCI
B.BS.EXSC-EMGT
Prepared by:
Phone #:
Date:

Exit Exam: PE 462

NAME: _____

| | | | | Has | | Needs | | | | | | Has | | Needs | | | | | | |
|---|-----------------------|--|-----------------------------|-----|-----|-------|-----|---|----------------|-------|--|-----|-----|-------|-----|--|--|--|--|--|
| Gen Ed Requirements | | | | 100 | 300 | 100 | 300 | Major Requirements | | | | 100 | 300 | 100 | 300 | | | | | |
| | | | | 200 | 400 | 200 | 400 | | | | | 200 | 400 | 200 | 400 | | | | | |
| 3 | ENGL | 101 | Composition I | | | | | Required Core | | | | | | | | | | | | |
| 3 | ENGL | 201 | Composition II | | | | | 1 | EXS | 101 | The Exercise Science Major | | | | | | | | | |
| 3 | SPCM | 101 | 215 222 | | | | | 3 | EXS | 130 | Basic Medical Terminology | | | | | | | | | |
| 3 | MATH: | 102, 103, 104, 115, 120, 121, 123, 281 | | | | | | 4 | EXS | 250/L | Human Anatomy & Physiology/Lab | | | | | | | | | |
| 3-5 | Natural Science & Lab | | | | | | | 3 | EXS | 280/L | Fitness Assessment/Lab | | | | | | | | | |
| 3-5 | Natural Science & Lab | | | | | | | 3 | EXS | 300 | Intro to Research | | | | | | | | | |
| SOCIAL SCIENCE: take 2 courses from two different subject areas. | | | | | | | | 4 | EXS | 350/L | Exercise Physiology/Lab | | | | | | | | | |
| ARTS & HUMANITIES: take 2 courses from two different subject areas (ART/H are the same subject), or a Foreign Language Sequence | | | | | | | | 4 | EXS | 353/L | Kinesiology/Lab | | | | | | | | | |
| Social Science - 2 courses required | | | | | | | | 3 | EXS | 354/L | Care & Prevention of Athletic Injuries/Lab | | | | | | | | | |
| ABS 203 ANTH 210, 220, 230 CJUS 201 | | | | | | | | 3 | EXS | 452 | Motor Learning & Development | | | | | | | | | |
| ECON 201, 202 GEOG 101, 200, 210, 212, 219 GLST 201 HDFS 141, 210 HIST 151, 152, 256, 257 INED 211 INFO 102 NATV 110 POLS 100, 102, 141, 165, 210, 250, 253 PSYC 101 REL 237 SOC 100, 150, 151, 240, 250, 285 SPCM 201 SUST 201 UHON 111, 210 WMST 101, 247 | | | | | | | | 4 | EXS | 454/L | Biomechanics/Lab | | | | | | | | | |
| Arts & Humanities - 2 courses required | | | | | | | | 2 | EXS | 462 | Exercise Leadership | | | | | | | | | |
| ARAB 101, 102 ARCH 241 ART 111, 112, 121, 123 ARTH 100, 120, 121, 211, 212, 231, 251 CHIN 101, 102 ENGL 115, 125, 210, 211, 212, 214, 221, 222, 230, 240, 241, 242, 248, 249, 250, 256, 258, 268 FREN 101, 102, 201, 202 GER 101, 102, 201, 202 GFA 101 GREE 101, 102 HIST 111, 112, 121, 122 HUM 100 200 LAKL 101, 102, 201, 202 LATI 101, 102 MCOM 151, 160 MFL 101, 102 MUS 100, 117, 130, 131, 200, 201, 203, 240 PHIL 100, 200, 215, 220, 233, 240, 270, 287 REL 213, 224, 225, 238, 250 RUSS 101, 102 SPAN 101, 102, 201, 202 THEA 100, 131, 200, 201, 231, 270 | | | | | | | | 3 | EXS | 482 | Theory of Strength Training/Conditioning | | | | | | | | | |
| Addl. hours in major/minor to meet 50% rule | | | | | | | | 2 | EXS | 489 | Applied Human Performance | | | | | | | | | |
| Addl. hours to meet 60 from 4-yr Inst. | | | | | | | | 5 | EXS | 494 | Internship | | | | | | | | | |
| Addl. hours to total 36 upper level | | | | | | | | 1 | HLTH | 251 | First Aid & CPR | | | | | | | | | |
| Addl. hours to total 120 | | | | | | | | 3 | HLTH | 370 | Stress Management | | | | | | | | | |
| Health Minor - 18 hours | | | | | | | | 3 | HLTH | 422 | Nutrition | | | | | | | | | |
| 3 | HLTH | 110 | Health Concepts | | | | | 3 | HLTH | 425/L | Exer Program for Special Populations/Lab | | | | | | | | | |
| 2 | HLTH | 201 | ATOD Prevention Ed | | | | | Select one Specialization | | | | | | | | | | | | |
| 1 | HLTH | 251 | First Aid & CPR | | | | | Science Specialization = 15 hours | | | | | | | | | | | | |
| 3 | HLTH | 370 | Stress Management | | | | | (B.BS.EXSC.SCI) | | | | | | | | | | | | |
| 3 | HLTH | 410 | Current Issues in Health | | | | | BIOL 101/L Biology Survey I/Lab & | | | | | | | | | | | | |
| 3 | HLTH | 420 | K-12 Mthds Hlth Instruction | | | | | BIOL 103/L Biology Survey II/Lab | | | | | | | | | | | | |
| 3 | HLTH | 422 | Nutrition | | | | | 8 OR | | | | | | | | | | | | |
| | | | | | | | | BIOL 151/L General Biology I/Lab & | | | | | | | | | | | | |
| | | | | | | | | BIOL 153/L General Biology II/Lab | | | | | | | | | | | | |
| | | | | | | | | 4 CHEM 106/L Chemistry Survey/Lab | | | | | | | | | | | | |
| | | | | | | | | OR | | | | | | | | | | | | |
| | | | | | | | | 4 CHEM 112/L General Chemistry I/Lab | | | | | | | | | | | | |
| | | | | | | | | MATH 281 Introduction to Statistics | | | | | | | | | | | | |
| | | | | | | | | 3 OR | | | | | | | | | | | | |
| | | | | | | | | 3 PSYC 371 Statistics in Psychological Research | | | | | | | | | | | | |
| | | | | | | | | Management Specialization = 15 hours | | | | | | | | | | | | |
| | | | | | | | | (B.BS.EXSC-EMGT) | | | | | | | | | | | | |
| | | | | | | | | 3 BADM 334 Small Business Management | | | | | | | | | | | | |
| | | | | | | | | 3 BADM 336 Entrepreneurial Studies I | | | | | | | | | | | | |
| | | | | | | | | 3 BADM 360 Organization & Management | | | | | | | | | | | | |
| | | | | | | | | OR | | | | | | | | | | | | |
| | | | | | | | | 3 BADM 438 Entrepreneurial Studies II | | | | | | | | | | | | |
| | | | | | | | | 3 BADM 370 Marketing | | | | | | | | | | | | |
| | | | | | | | | 3 OE 376 Interpretive Media | | | | | | | | | | | | |
| TOTALS: | | | | | | | | 69 | TOTALS: | | | | | | | | | | | |

ID or SSN: _____