

4-Year Plan for:
Exercise Science: Science Tract-with Health Minor
2017 Catalog

YEAR 1- FALL (14 credits)		YEAR 1- SPRING (16 credits)	
ENGL 101 Comp I	3 credits	ENGL 201 Comp II	3 credits
1/2 Social Science Gen Ed (SOC 100)	3 credits	2/2 Social Science Gen Ed (PSYC 101)	3 credits
EXS 101 The Exercise Science Major	1 credit	MATH 102 College Algebra	3 credits
SPCM 101 Fundamentals of Speech	3 credits	EXS 130 Basic Medical Terminology (online)	3 credits
BIOL 151 General Biology & Lab OR BIOL 101 & Lab	4 credits	BIOL 153 General Biology & Lab OR BIOL 103 & 103L	4 credits
YEAR 2- FALL (15 credits)		YEAR 2-SPRING (15 credits)	
Health Minor – HLTH 110 Health Concepts (fall only)	3 credits	2/2 Arts and Humanities Gen Ed	3 credits
HLTH 251 First Aid and CPR	1 credit	Additional Gen ED/Minor	3 credits
1/2 Arts and Humanities Gen Ed	3 credits	EXS 280 & 280L Fitness Assessment and Lab	3 credits
EXS 250 & 250L Anatomy and Physiology	4 credits	Health Minor – HLTH 201 ATOD Prevention Education (spring only)	2 credits
CHEM 112 & 112L General Chemistry OR CHEM 106 & 106L	4 credits	Additional Gen ED/Minor	4 credits
YEAR 3- FALL (17 credits)		YEAR 3- SPRING (15 credits)	
HLTH 370 Stress Management	3 credits	EXS 354 & 354L Prevention & Care of Athletic Injuries	3 credits
EXS 300 Intro to Research	3 credits	MATH 281 Statistics OR PSYC 371 Statistics in Psychological Research	3 credits
EXS 350 & EXS 350L Exercise Physiology	4 credits	HLTH 422 Nutrition	3 credits
Additional Gen ED/Minor	3 credits	Health Minor – HLTH 420 K-12 Methods of Health Instruction (spring only)	3 credits
EXS 353 & EXS 353L Kinesiology	4 credits	Additional Gen ED/Minor	3 credits
YEAR 4- FALL (14 credits)		YEAR 4- SPRING (14 credits)	
HLTH 425 & 425L Exercise Programming for S.P.	3 credits	Health Minor – HLTH 410 Current Issues in Health (spring only)	3 credits
EXS 494 Internship	2 credits	*EXS 494 Internship*	3 credits
EXS 452 Motor Learning & Development	3 credits	EXS 462 Exercise Leadership	2 credits
EXS 482 Theory of Strength & Conditioning	3 credits	EXS 489 Applied Human Performance	2 credits
Additional Gen ED/Minor	3 credits	EXS 454 & EXS 454L Biomechanics	4 credits
Total 120 credits			
Internships are often completed during the summer between a student's Junior and Senior Year			
Notes: This is only a tentative plan and is not considered official. Please check with each department about the schedule of course offerings and become familiar with all pre-requisites and grade requirements. It is your responsibility to meet with your academic advisor on a regular basis during your academic career.			