



Major: **Exercise Science**  
2017-2018 - Status Sheet

Minor: **Athletic Coaching**  
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:

Exit Exam: PE 462

Phone #:  
Date:

NAME: \_\_\_\_\_

		Has		Needs				Has		Needs	
		100	300	100	300			100	300	100	300
		200	400	200	400			200	400	200	400
<b>Gen Ed Requirements</b>											
3	ENGL 101	Composition I									
3	ENGL 201	Composition II									
3	SPCM 101	215 222									
3	MATH: 102, 103, 104, 115, 120, 121, 123, 281										
3-5	Natural Science & Lab										
3-5	Natural Science & Lab										
<b>SOCIAL SCIENCE:</b> take 2 courses from two different subject areas. <b>ARTS &amp; HUMANITIES:</b> take 2 courses from two different subject areas (ART/H are the same subject), or a Foreign Language Sequence											
<b>Social Science - 2 courses required</b>											
ABS 203 ANTH 210, 220, 230 CJUS 201											
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, 240, 250, 285 SUST 201 UHON 111, 210 WMST 101											
<b>Arts &amp; Humanities - 2 courses required</b>											
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, 270, 287 REL 213, 224, 225, 238, 250 RUSS 101, 102 SPAN 101, 102, 201, 202 THEA 100, 131, 200, 201, 231, 270											
<b>Addl. hours in major/minor to meet 50% rule</b>											
<b>Addl. hours to meet 60 from 4-yr Inst.</b>											
<b>Addl. hours to total 36 upper level</b>											
<b>Addl. hours to total 120</b>											
<b>Minor in Athletic Coaching - 25 hours</b>											
3	HLTH 422	Nutrition	see major								
4	PE 250/L	Human A & P & Lab	see major								
3	EXS/PE 350	Exercise Physiology	see major								
3	EXS/PE 353	Kinesiology	see major								
3	PE 354	Prev & Care of Ath Injuries	see major								
3	EXS/PE 454	Biomechanics	see major								
2	take one of the following										
	PE 470	Coaching Basketball									
	PE 471	Coaching Football									
	PE 473	Coaching Track/Field									
	PE 474	Coaching Wrestling									
	PE 475	Coaching Volleyball									
4	take two (or 1*) of the following										
	PE 440	Org. & Admin of HPER/A									
	PE 453	Sport Psychology									
	*and an additional Coaching Methods from above										
+	(If Necessary) Additional hours in minor to meet 50% rule										
<b>TOTALS:</b>											
<b>Major Requirements</b>											
<b>Required Core</b>											
1	EXS 101	The Exercise Science Major									
3	EXS 130	Basic Medical Terminology									
4	EXS 250/L	Human Anatomy & Physiology/Lab									
3	EXS 280/L	Fitness Assessment/Lab									
3	EXS 300	Intro to Research									
4	EXS 350/L	Exercise Physiology/Lab									
4	EXS 353/L	Kinesiology/Lab									
3	EXS 354/L	Care & Prevention of Athletic Injuries/Lab									
3	EXS 452	Motor Learning & Development									
4	EXS 454/L	Biomechanics/Lab									
2	EXS 462	Exercise Leadership									
3	EXS 482	Theory of Strength Training/Conditioning									
2	EXS 489	Applied Human Performance									
5	EXS 494	Internship									
1	HLTH 251	First Aid & CPR									
3	HLTH 370	Stress Management									
3	HLTH 422	Nutrition									
3	HLTH 425/L	Exer Program for Special Populations/Lab									
<b>Select one Specialization</b>											
<b>Science Specialization = 15 hours</b>											
(B.BS.EXSC.SCI)											
	BIOL 101/L	Biology Survey I/Lab &									
	BIOL 103/L	Biology Survey II/Lab									
8	<b>OR</b>										
	BIOL 151/L	General Biology I/Lab &									
	BIOL 153/L	General Biology II/Lab									
	CHEM 106/L	Chemistry Survey/Lab									
4	<b>OR</b>										
	CHEM 112/L	General Chemistry I/Lab									
	MATH 281	Introduction to Statistics									
3	<b>OR</b>										
	PSYC 371	Statistics in Psychological Research									
<b>Management Specialization = 15 hours</b>											
(B.BS.EXSC-EMGT)											
3	BADM 334	Small Business Management									
3	BADM 336	Entrepreneurial Studies I									
	BADM 360	Organization & Management									
3	<b>OR</b>										
	BADM 438	Entrepreneurial Studies II									
3	BADM 370	Marketing									
3	OE 376	Technology Integration									
<b>TOTALS:</b>											

ID or SSN: \_\_\_\_\_