



Major: **Exercise Science**
2018-2019 - 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:
Phone #:
Date:

Exit Exam: PE 462

NAME: _____

		Has		Needs				Has		Needs	
		100	300	100	300			100	300	100	300
		200	400	200	400			200	400	200	400
Gen Ed Requirements						Major Requirements					
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						4 EXS 454/L Biomechanics/Lab					
GLST 201 HDFS 141, 210 HIST 151, 152, 256, 257						2 EXS 462 Exercise Leadership					
INED 211 INFO 102 NATV 110						3 EXS 482 Theory of Strength Training/Conditioning					
POLS 100, 102, 141, 165, 210, 250, 253						2 EXS 489 Applied Human Performance					
PSYC 101 REL 237 SOC 100, 150, 151, 240, 250, 285						5 EXS 494 Internship					
SPCM 201 SUST 201 UHON 111, 210						1 HLTH 251 First Aid & CPR					
WMST 101, 247						3 HLTH 370 Stress Management					
Arts & Humanities - 2 courses required						3 HLTH 422 Nutrition					
ARAB 101, 102 ARCH 241 ART 111, 112, 121, 123						3 HLTH 425/L Exer Program for Special Populations/Lab					
ARTH 100, 120, 121, 211, 212, 231, 251						Select one Specialization					
CHIN 101, 102 ENGL 115, 125, 210, 211, 212, 214, 221, 222, 230, 240, 241, 242, 248, 249, 250, 256, 258, 268						Science Specialization = 15 hours					
FREN 101, 102, 201, 202 GER 101, 102, 201, 202						(B.BS.EXSC.SCI)					
GFA 101 GREE 101, 102						BIOL 101/L Biology Survey I/Lab &					
HIST 111, 112, 121, 122 HUM 100						BIOL 103/L Biology Survey II/Lab					
LAKL 101, 102, 201, 202 LATI 101, 102						8 OR					
MCOM 151, 160 MFL 101, 102 MUS 100, 117, 130, 131, 200, 201, 203, 240						BIOL 151/L General Biology I/Lab &					
PHIL 100, 200, 215, 220, 233, 240, 270, 287						BIOL 153/L General Biology II/Lab					
REL 213, 224, 225, 238, 250						4 CHEM 106/L Chemistry Survey/Lab					
RUSS 101, 102 SPAN 101, 102, 201, 202						4 OR					
THEA 100, 131, 200, 201, 231, 270						CHEM 112/L General Chemistry I/Lab					
Addl. hours in major/minor to meet 50% rule						3 MATH 281 Introduction to Statistics					
Addl. hours to meet 60 from 4-yr Inst.						3 OR					
Addl. hours to total 36 upper level						PSYC 371 Statistics in Psychological Research					
Addl. hours to total 120						Management Specialization = 15 hours					
Minor in Athletic Coaching - 25 hours						(B.BS.EXSC-EMGT)					
3 HLTH 422 Nutrition						3 BADM 334 Small Business Management					
4 PE 250/L Human A & P & Lab						3 BADM 336 Entrepreneurial Studies I					
3 EXS/PE 350 Exercise Physiology						BADM 360 Organization & Management					
3 EXS/PE 353 Kinesiology						3 OR					
3 PE 354 Prev & Care of Ath Injuries						BADM 438 Entrepreneurial Studies II					
3 EXS/PE 454 Biomechanics						3 BADM 370 Marketing					
2 take one of the following						3 OE 376 Interpretive Media					
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											
TOTALS:						TOTALS:					

ID or SSN: _____