Major: **Exercise Science**

2019-2020 - Status Sheet

Minor: **Athletic Coaching**

Degree: **Bachelor of Science**

120 hours are required to graduate _____

36 hours of upper level are required _____

BBS.EXS-SCI

BBS.EXS-EMGT

Prepared by:

Phone #:

Date:

Exit Exam: PE 462

NAME:

ID or SSN:

Gen Ed Requirements				Has 100 200	Has 300 400	Needs 100 200	Needs 300 400
3	ENGL	101	Composition I				
3	ENGL	201	Composition II				
3	SPCM	101	215 222				
3	MATH: 103, 104, 114, 115, 120, 121, 123, 281						
3-5	Natural Science & Lab						
3-5	Natural Science & Lab						

SOCIAL SCIENCE: take 2 courses from two different subject areas.
ARTS & HUMANITIES: take 2 courses from two different subject areas (ART/H) are the same subject), or a Foreign Language Sequence

Social Science - 2 courses required

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, 151, 240, 250, 285 SPCM 201 SUST 201 UHON 111, 210 WMST 101, 247

Arts & Humanities - 2 courses required

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

Addl. hours in major/minor to meet 50% rule							
Addl. hours to meet 60 from 4-yr Inst.							
Addl. hours to total 36 upper level							
Addl. hours to total 120							

Minor in Athletic Coaching - 19 hours

4	EXS	250/L	Human A & P & Lab	see major			
3	EXS	354/L	Prev/Care of Ath Inj & Lab	see major			
3	HLTH	422	Nutrition	see major			
3	PE	300	Applied Sport/Exercise Sci				
2	take one of the following						
	PE	469	Coaching Baseball/Softball				
	PE	470	Coaching Basketball				
	PE	471	Coaching Football				
	PE	473	Coaching Track/Field				
	PE	475	Coaching Volleyball				
4	take two of the following						
	PE	440	Org. & Admin of HPER/A				
	PE	453	Sport Psychology				
	PE	4xx	Coaching Methods (not previously used above)				
+	(If Necessary) Additional hours in minor to meet 50% rule						
TOTALS:							

Major Requirements				Has 100 200	Has 300 400	Needs 100 200	Needs 300 400
	Required Core						
2	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	285	Exercise & Chronic Disease				
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	425/L	Exer Program for Special Populations/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	422	Nutrition				
	Select one Specialization						
	Science Specialization = 15 hours						
	(BBS.EXS-SCI)						
	BIOL	101/L	Biology Survey I/Lab **&**				
	BIOL	103/L	Biology Survey II/Lab				
8			**OR**				
	BIOL	151/L	General Biology I/Lab **&**				
	BIOL	153/L	General Biology II/Lab				
	CHEM	106/L	Chemistry Survey/Lab				
4			**OR**				
	CHEM	112/L	General Chemistry I/Lab				
	MATH	281	Introduction to Statistics				
3			**OR**				
	PSYC	371	Statistics in Psychological Research				
	Management Specialization = 15 hours						
	(BBS.EXS-MGT)						
3	BADM	334	Small Business Management				
3	BADM	336	Entrepreneurial Studies I				
3	BADM	370	Marketing				
3	OE	376	Interpretive Media				
3	Take one of the following:						
	BADM	360	Organization & Management				
	BADM	369	Organizational Behavior & Theory				
	BADM	438	Entrepreneurial Studies II				
70	TOTALS:						