**Plan of Study – Exercise Science, Strength & Conditioning Specialization (Not Pre-Professional)**

*This guide should be used in consultation with advisor. This is just one possible path to completing degree in four years.*

Name: ID: Advisor(s): Minor:

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| **Freshman Fall (14-15 Credits)** | | | **Freshman Spring (15-16 credits)** | | |
| ***Course Title*** | ***Prereq/Comments*** | ***Credits*** | ***Course Title*** | ***Prereq/Comments*** | ***Credits*** |
| ENGL 101 Composition I |  | 3 | ENGL 201 Composition II | ENGL 101 | 3 |
| MATH 103 Math Reasoning  or MATH 114 College Algebra | MATH 101  MATH 101 | 3 | CMST 101 Foundations of Communication |  | 3 |
| Social Science GE |  | 3 | Social Science GE |  | 3 |
| Natural Science/Lab |  | 3-4 | Natural Science/Lab |  | 3-4 |
| EXS 101 Exercise Science Major |  | 2 | EXS 286 Medical Word Origins (ONLINE) |  | 3 |
| **Sophomore Fall (14 credits)** | | | **Sophomore Spring (15 credits)** | | |
| ***Course Title*** | ***Prereq/Comments*** | ***Credits*** | ***Course Title*** | ***Prereq/Comments*** | ***Credits*** |
| Arts/Humanities GE |  | 3 | Arts/Humanities GE |  | 3 |
| EXS 250 & 250L Human Anatomy & Physiology |  | 4 | EXS 280 & 280L Fitness Assessment (Spring only) | EXS 250 | 3 |
| PE 100 Weight Training for Life (Fall only) |  | 1 | EXS 285 Exercise & Chronic Disease (ONLINE) | EXS 250 | 3 |
| Elective/Minor/Certificate |  | 6 | PE 300 Applied Sport/Exercise Science (Spring only) | EXS 250 | 3 |
|  |  |  | Elective/Minor/Certificate |  | 3 |
| **Junior Fall (15 credits)** | | | **Junior Spring (16 credits)** | | |
| ***Course Title*** | ***Prereq/Comments*** | ***Credits*** | ***Course Title*** | ***Prereq/Comments*** | ***Credits*** |
| EXS 300 Intro to Research (ONLINE) | ENGL 201 | 3 | EXS 350 & 350L Exercise Physiology (Spring only) | EXS 250 | 4 |
| EXS 353 & 353L Kinesiology (Fall only) | EXS 250 | 4 | EXS 354 & 354L Prevent & Care of Athletic Injuries | EXS 250 | 3 |
| HLTH 370 Stress Management |  | 3 | HLTH 422 Nutrition |  | 3 |
| PE 453 Sport Psychology (Fall only) |  | 2 | HLTH 410 Current Issues in Health (Spring only) |  | 3 |
| Elective/Minor/Certificate |  | 3 | Elective/Minor/Certificate |  | 3 |
| **Senior Fall (15 credits)** | | | **Senior Spring (16 Credits)** | | |
| ***Course Title*** | ***Prereq/Comments*** | ***Credits*** | ***Course Title*** | ***Prereq/Comments*** | ***Credits*** |
| EXS 425 & 425L Exercise Programming for SP (Fall only) | EXS 250 + EXS 350 + HLTH 422 | 3 | EXS 454 & 454L Biomechanics (Spring only) | EXS 250 or EXS 353 | 4 |
| EXS 452 Motor Development (ONLINE, Fall/Summer only) |  | 3 | EXS 462 Exercise Leadership (Spring only) | EXS 250 + EXS 350 | 2 |
| EXS 482 Theory of Strength & Conditioning (Fall only) | EXS 350 | 3 | EXS 489 Applied Human Performance (Spring only) | EXS 482 | 2 |
| EXS 494 Internship | EXS 350 + EXS 353 | 4 | EXS 494 Internship | EXS 350 + EXS 353 | 5 |
| Elective/Minor/Certificate (*Optional depending on credits from Natural Sciences/Labs during Freshman year*) |  | 2 | Elective/Minor/Certificate |  | 3 |