### Exercise Science

**Major Requirements**

**Required Core**

1. **EXS 101** - The Exercise Science Major
2. **EXS 130** - Basic Medical Terminology
3. **EXS 250/L** - Human Anatomy & Physiology/Lab
4. **EXS 280/L** - Fitness Assessment/Lab
5. **EXS 285** - Exercise & Chronic Disease
6. **EXS 300** - Intro to Research
7. **EXS 350/L** - Exercise Physiology/Lab
8. **EXS 353/L** - Kinesiology/Lab
9. **EXS 354/L** - Care & Prevention of Athletic Injuries/Lab
10. **EXS 425/L** - Exer Program for Special Populations/Lab
11. **EXS 452** - Motor Learning & Development
12. **EXS 454/L** - Biomechanics/Lab
13. **EXS 462** - Exercise Leadership
14. **EXS 482** - Theory of Strength Training/Conditioning
15. **EXS 489** - Applied Human Performance
16. **EXS 494** - Internship

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**Select one Specialization**

**Science Specialization = 15 hours** (BBS.EXS-SCI)

- **BIOL 101/L** - Biology Survey I/Lab & **BIOL 103/L** - Biology Survey II/Lab
- **OR**
  - **BIOL 151/L** - General Biology I/Lab & **BIOL 153/L** - General Biology II/Lab

**Management Specialization = 15 hours** (BBS.EXS-MGT)

- **BADM 334** - Small Business Management
- **BADM 336** - Entrepreneurial Studies I
- **BADM 370** - Marketing
- **OR**
  - **OE 376** - Interpretive Media

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**Health Minor - 18 hours**

1. **HLTH 110** - Health Concepts
2. **HLTH 201** - ATOD Prevention Ed
3. **HLTH 251** - First Aid & CPR
4. **HLTH 370** - Stress Management
5. **HLTH 410** - Current Issues in Health
6. **HLTH 420** - K-12 Mthds Hlth Instruction
7. **HLTH 422** - Nutrition

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**TOTALS:**

1. **70**