Exercise Science Degree
Pre-Graduate Track Curriculum
Bachelor of Science (BS) 2020-2021

Fall			Spring		
Year One					
INTD 101	University Seminar	3	ISYS 100	Digital Foundations	3
BIOL 101	Human Anatomy & Physiology I	4	BIOL 102	Human Anatomy & Physiology II	4
ENGL 101	Writing 1: The Writing Process	3	PSYC 101	General Psychology	3
MATH 117	College Algebra	3	ENGL 104	Writing II: Research & Argumentative Essays	3
EXSC 110	Intro to Exercise Science	3	EXSC 210	Stress Management	2
			EXSC 250	Personal & Community Health	3
Total Credits		16	Total Credits		18
Year Two					
CHEM 120	General Organic & Biological Chemistry	3	ENGL ***	English Literature	3
HIST ***	History Elective	3	SCI 131	Nutrition	3
HUM ***	Humanities Elective	3	PSYC 254	Human Development	3
EXSC 309	Exercise Physiology I	3	EXSC 220	Care & Prevention of Injuries	3
EXSC 320	Biomechanics / Kinesiology	3	EXSC 310	Exercise Physiology II	3
EXSC 320L	Biomechanics / Kinesiology Lab	1	EXSC 310L	Exercise Physiology II Lab	1
Total Credits		16	Total Credits		16
Year Three					
CHEM 103	General Chemistry I	3	MATH 125	College Algebra & Trig	3
CHEM 103L	General Chemistry I Lab	1	CHEM 104	General Chemistry II	3
SOSC 341	Understanding Statistical Inference	3	CHEM 104L	General Chemistry II Lab	1
EXSC 260	Health and Exercise Psychology	3	EXSC 322	Adapted Physical Activity	3
EXSC 353	Virtual Fitness and Health	3	EXSC 323	Movement in Health and Exercise	3
EXSC 410	Exercise Testing & Prescription	3	EXSC 330	Nutrition of Exercise Management	3
EXSC 410L	Exercise Testing & Prescription Lab	1			
Total Credits		17	Total Credits		16
Year Four					
PHYS 103	General Physics I	3	HUM ***	Humanities Elective	3
PHYS 103L	General Physics I Lab	1	PHYS 104	General Physics II	3
EXSC 390	Exercise Science Practicum I	2	PHYS 104L	General Physics II Lab	1
EXSC 391	Research Methods	3	EXSC 490	Exercise Science Practicum II	4
EXSC 431	Pharmacology for Exercise Science	3	EXSC 491	Exercise Science Capstone	3
EXSC 440	Fitness Management	3			
EXSC 451	Current Health Issues	1	Total Credits		14
Total Credits		16			
				Total Degree Required Credits	129

*The proposed curriculum is meant to provide an example course sequence; it is not mandatory that this be followed exactly.

Revised: 10/14/2019