

# Exercise Science

## 4-YEAR PLAN

This example four-year plan is provided as a broad framework that you can follow in order to complete your degree within four years. Be sure to always consult your academic advisor before registering for classes.

<b>Y1</b>	<b>MATH203</b> Pre-calculus	3 •
	<b>BIO205</b> Anatomy & Physiology 1	4 •
	<b>WRT 101</b> Writing I	3 •
	<b>FYS103/HON101</b> First Year Seminar/ Honors Colloquium	3 •
	<b>BIO104</b> Foundations of Health Prof.	3 •
	<b>BIO206</b> Anatomy & Physiology 2	• 4
	<b>EXSC103</b> Ess. Skills & Tech for Exc. Sci. & Sport Prof.	• 3
	<b>WRT102</b> Writing II	• 3
	<b>SOC104</b> Equity and Intersectionality (KP)	• 3
<b>EXSC107</b> Healthy Lifestyles & Human Behavior	• 3	
<b>Y2</b>	<b>EXSC106</b> Functional Anat & Resistance Training	3 •
	<b>PSYC101</b> Intro Psychology	3 •
	<b>PHYS111</b> Physics 1	4 •
	<b>HIST104</b> World Civ 2 (KP)	3 •
	Aesthetics (KP)	3 •
	<b>EXSC222</b> Kinesiology	• 4
	<b>MATH208</b> Statistics	• 3
	<b>EXSC211</b> Principles of Personal Training	• 3
	<b>MDSC203</b> Multidisciplinary Experience	• 3
Elective or Minor course	• 3	
<b>Y3</b>	<b>EXSC209</b> Performance Nutrition	3 •
	<b>EXSC302</b> Exercise Physiology	4 •
	<b>PHIL302</b> Ethics	3 •
	<b>BIO301</b> Pathophysiology	3 •
	<b>EXSC405</b> Org & Admin of Health & Sports Programs	3 •
	<b>EXSC304</b> Exercise Testing & Prescription	• 4
	<b>EXSC305</b> Strength & Conditioning	• 4
	<b>EXSC410</b> Internship/Field Experience	• 3
	<b>PSYC2XX</b> Psyc Elective	• 3
<b>EXSC401</b> Professional Development Seminar	• 2	
<b>Y4</b>	<b>EXSCXXX</b> EXSC elective	3 •
	<b>EXSC340</b> Research Concepts	3 •
	<b>EXSC403</b> Exercise Prescr for Special Pops	3 •
	Elective or Minor course	3 •
	Elective or Minor course	3 •
	<b>EXSC425</b> Internship/Field Experience	• 3
	<b>EXSC430</b> Exercise Science Capstone	• 3
	Elective or Minor course	• 3
	Elective or Minor course	• 3
Elective or Minor course	• 3	

TOTAL CREDITS: 123