

Sample Schedule: students are not limited to this plan; it is meant to serve as a guide for planning purposes in discussions with your academic advisor. This plan is one possible path to completing this degree in *four years*.

FIRST YEAR

First Semester

Course	Prerequisites / Comments	Credits	Semester(s) Offered
EXS 145 Intro to Exercise Science		1	F
Nat Sci #1 (BIOL 151/151L)		4	F/S
Soc Sci #1 (ECON/EPsy/POLS/SOC)		3	F/S/SU
EXS 180 Foundations of HPER		2	F/S
CSC 105 Intro to Computers		3	F/S/SU
HLTH 100/PE 100 Wellness for Life/Activity		2	F/S
Total Credit Hours		15	

Second Semester

Course	Prerequisites / Comments	Credits	Semester(s) Offered
Soc Sci #2 PSYC 101 General Psychology		3	F/S
CIS 123 Problem Solving and Programming or CIS 130 Visual Basic Programming or CSC 150 Computer Science I		3	F/S/SU
MATH 114 College Algebra		3	F/S/SU
Nat Sci #2 (BIOL 153 and 153L)		4	S
ENGL 101 Comp I		3	F/S/SU
Total Credit Hours		16	

SECOND YEAR

Third Semester

Course	Prerequisites / Comments	Credits	Semester(s) Offered
EXS 295 Practicum		1	F/S
ENGL 201 Composition II	ENGL 101	3	F/S
Oral Communications (CMST 101, 215 or 222)		3	F/S/SU
Arts and Hum #1 (ARTH/MUS/THEA/foreign language)		3	F/S/SU
PE 207 Prof. Prep: Strength Training		1	F
Electives		3	
Total Credit Hours		14	

Fourth Semester

Course	Prerequisites / Comments	Credits	Semester(s) Offered
BIOL 221 Human Anatomy & Lab	BIOL 151 and BIOL 151L	4	S
EXS 452 Motor Learning & Development		3	S
Arts and Hum #2 (ARTH/MUS/THEA/foreign language)		3	F/S
HLTH 422 Nutrition		3	S/SU
Electives		2	F/S
Total Credit Hours		15	

THIRD YEAR

Fifth Semester

Course	Prerequisites / Comments	Credits	Semester(s) Offered
BIOL 325 Physiology & Lab	BIOL 151 or 153 or BIOL 221 and Chem 112	4	F
EXS 335 Admin of Exercise Science	EXS 180	3	F online
EXS 350 Exercise Physiology & Lab	BIOL 221 and Lab	4	F
PE 354 Prev & Care of Athletic Injuries	Sophomore Class Standing	3	F/SU
Total Credit Hours		14	

Sixth Semester

Course	Prerequisites / Comments	Credits	Semester(s) Offered
EXS 300 Intro to Research	ENGL 201	3	S
EXS 353 Kinesiology	BIOL 221	3	S
EXS 376 Technology Integration	CSC 105	3	S
EXS 395 Practicum	EXS 350 and Consent of Instructor	2	S
EXS 400 Exercise Test & Prescription	EXS 350	3	S
Total Credit Hours		14	

FOURTH YEAR

Seventh Semester

Course	Prerequisites / Comments	Credits	Semester(s) Offered
EXS 454 Biomechanics	BIOL 221 or EXS 353	3	F
EXS 482 Theory of Strength Training & Cond.	EXS 350	3	F
EXS 490 Seminar	Senior Class Standing	1	F
HLTH 370 Stress Management		3	F/SU online
Electives		6	
Total Credit Hours		16	

Eighth Semester

Course	Prerequisites / Comments	Credits	Semester(s) Offered
EXS 401 Clinical Exercise Physiology	EXS 350	3	S
EXS 494 Internship	EXS 395 and EXS 400 and Consent of the Instructor	2	F/S/SU
Electives		10	F/S
Total Credit Hours		16	

P = Course Prerequisite

Semester: F = Fall; S = Spring; SU = Summer

Information and course schedules may change. This is not a contract.