

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 |
|--|--------------------------|-----------|---------------------|
| GS 100 University | | 0 | F |
| EXS 145 Intro to Exercise Science/PE | | 3 | F/S |
| BIOL 151/151L (also counts as Nat Sci #1) | | 4 | F/S |
| Soc Sci #1 (ECON/EPsy/POLS/SOC) | | 3 | F/S/SU |
| CSC 105 Intro to Computers | | 3 | F/S/SU |
| HLTH 100/PE 100 Wellness for Life/Activity | | 2 | F/S/SU |
| Total Credit Hours | | 15 | |

Second Semester

| Course | Prerequisites / Comments | Credits | Semester(s) Offered |
|---|--------------------------|-----------|---------------------|
| BIOL 221 Human Anatomy & Lab | BIOL 151 and BIOL 151L | 4 | 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 or CHEM or PHYS) | | 4 | S |
| Electives | | 2 | |
| Total Credit Hours | | 16 | |

SECOND YEAR

Third Semester

| Course | Prerequisites / Comments | Credits | Semester(s) Offered |
|---|--|-----------|---------------------|
| BIOL 325 Physiology & Lab | BIOL 151 or 153 or BIOL 221 and Chem 112 | 4 | F |
| ENGL 101 Composition I | | 3 | F/S/SU |
| 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 |
| Soc Sci #2 PSYC 101 General Psychology | | 3 | F/S |
| Total Credit Hours | | 17 | |

Fourth Semester

| Course | Prerequisites / Comments | Credits | Semester(s) Offered |
|--|--------------------------|-----------|---------------------|
| EXS 353 Kinesiology | BIOL 221 | 3 | S |
| EXS 335 Admin of Exercise Science | EXS 145 | 3 | F/S |
| Arts and Hum #2 (ARTH/MUS/THEA/foreign language) | | 3 | F/S |
| Electives | | 3 | F/S |
| ENGL 201 Composition II | ENGL 101 | 3 | F/S |
| Total Credit Hours | | 15 | |

THIRD YEAR

Fifth Semester

| Course | Prerequisites / Comments | Credits | Semester(s) Offered |
|---|--------------------------|-----------|---------------------|
| EXS 350 Exercise Physiology & Lab | BIOL 221 and Lab | 4 | F |
| PE 354 Prev & Care of Athletic Injuries | Sophomore Class Standing | 3 | F/SU |
| EXS 452 Motor learning & Development | | 3 | F/S |
| HLTH 370 Stress Management | | 3 | F/S/SU |
| Electives | | 2 | |
| Total Credit Hours | | 15 | |

Sixth Semester

| Course | Prerequisites / Comments | Credits | Semester(s) Offered |
|--------------------------------------|-----------------------------------|-----------|---------------------|
| EXS 376 Technology Integration | CSC 105 | 3 | S |
| EXS 395 Practicum | EXS 350 and Consent of Instructor | 3 | S |
| EXS 400 Exercise Test & Prescription | EXS 350 | 3 | S |
| EXS 300 Intro to Research | ENGL 201 | 3 | S |
| Electives | | 3 | |
| Total Credit Hours | | 15 | |

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 |
| Electives | | 6 | |
| Total Credit Hours | | 13 | |

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 |
| HLTH 422 Nutrition | | 3 | S/SU |
| Electives | | 6 | F/S |
| Total Credit Hours | | 14 | |

P = Course Prerequisite

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

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