

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 *three years*.

FIRST YEAR

Fall Semester

Course	Prerequisites / Comments	Credits	Semester(s) Offered
CSC 105 Intro to Computers		3	F/S/SU
EXS 145 Intro to EXS & PE		3	F/S
BIOL 151/L General Biology I/Lab	Natural Science #1	4	F
ENGL 101 Composition I		3	F/S/SU
MATH 114 College Algebra		3	F/S/SU
Total Credit Hours		16	

Spring Semester

Course	Prerequisites / Comments	Credits	Semester(s) Offered
ENGL 201 Composition II		3	F/S/SU
EPSY 210 Lifespan Development	Social Science #1	3	F/S/SU
CMST 101 Foundations of Communication		3	F/S/SU
Arts & Humanities #1 (ART, MUS, THEA, SPAN)		3	F/S/SU
BIOL 153/L General Biology II/Lab	Natural Science #2	4	S
Total Credit Hours		16	

Summer Session

Course	Prerequisites / Comments	Credits	Semester(s) Offered
CIS 123 Problem Solving & Programming		3	F/S/SU
Arts & Humanities #1 (ART, MUS, THEA, SPAN)		3	F/S/SU
ELECTIVES		3	
Total Credit Hours		9	

SECOND YEAR

Fall Semester

Course	Prerequisites / Comments	Credits	Semester(s) Offered
BIOL 221/L Human Anatomy /Lab		4	F
PSYC 101 General Psychology	Social Science #2	3	F/S/SU
PE 207 Professional Prep Strength Training		1	F
ELECTIVES		7	
Total Credit Hours		15	

Spring Semester

Course	Prerequisites / Comments	Credits	Semester(s) Offered
EXS 300 Intro to Research	ENGL 201	3	S
EXS 353 Kinesiology	BIOL 221	3	S
HLTH 422 Nutrition		3	S/SU
ELECTIVES		6	
Total Credit Hours		15	

Summer Session

Course	Prerequisites / Comments	Credits	Semester(s) Offered
ELECTIVES		9	
	Total Credit Hours	9	

THIRD YEAR**Fall Semester**

Course	Prerequisites / Comments	Credits	Semester(s) Offered
EXS 454 Biomechanics	BIOL 221 and EXS 353	3	F
EXS 452 Motor Learning & Development		3	F/S
ELECTIVES		6	
EXS 350/L Exercise Physiology	BIOL 221	4	F
	Total Credit Hours	16	

Spring Semester

Course	Prerequisites / Comments	Credits	Semester(s) Offered
BIOL 325/L Physiology	BIOL 221 and CHEM 112	4	S
EXS 400 Exercise Test & Prescription	EXS 350	3	S
EXS 494 Internship		2	F/S/SU
ELECTIVES		6	
	Total Credit Hours	15	

Summer Session

Course	Prerequisites / Comments	Credits	Semester(s) Offered
ELECTIVES		9	
	Total Credit Hours	9	

Total Program Credits: 120