



Plan of Study

Double Major: Exercise Science and Biology

with Integrative Biology Specialization

Catalog Year: 2025-2026

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 |
|---|-----------------------------|----------|---------------------|
| *Biology Core (23 credits) ^Exercise Science Core (26 credits) | | | |
| *BIOL 145 Introduction to Science Inquiry or ^EXS 145 Introduction to Exercise Science | | 1 or 3 | F |
| BIOL 151 General Biology I & Lab | | 4 | F |
| MATH 114 College Algebra | Placement reports determine | 3 | F/S/SU |
| ENGL 101 Composition I | | 3 | F/S/SU |
| CSC 105 Introduction to Computers | | 3 | F/S/SU |
| Total Credit Hours | | 14 or 16 | |

Second Semester

| Course | Prerequisites / Comments | Credits | Semester(s) Offered |
|-----------------------------------|--------------------------|---------|---------------------|
| BIOL 153 General Biology II & Lab | | 4 | S |
| ^HLTH 422 Nutrition | | 3 | S |
| ENGL 201 Composition II | ENGL 101 | 3 | F/S/SU |
| Oral Communication Requirement | | 3 | F/S/SU |
| CSC 123 or CSC 150 or CIS 130 | | 3 | F/S/SU |
| Total Credit Hours | | 16 | |

SECOND YEAR

Third Semester

| Course | Prerequisites / Comments | Credits | Semester(s) Offered |
|--|--|---------|---------------------|
| *BIOL 221 Human Anatomy & Lab | BIOL 151 | 4 | F |
| CHEM 112 General Chemistry I & Lab | Math 114, 115, 129, 121, 123, 125 or 281 | 4 | F |
| ^PE 207 Professional Preparation Strength Training | | 1 | F |
| Arts & Humanities Requirement | | 3 | F/S/SU |
| Social Science Requirement | | 3 | F/S/SU |
| Total Credit Hours | | 15 | |

Fourth Semester

| Course | Prerequisites / Comments | Credits | Semester(s) Offered |
|-------------------------------------|---|---------|---------------------|
| *BIOL 371 Genetics & Lab | | 4 | S (Even Years) |
| CHEM 114 General Chemistry II & Lab | CHEM 112 and Math 114, 115, 129, 121, 123, 125 or 281 | 4 | S |
| ^EXS 353 Kinesiology | BIOL 221 | 3 | S |

| Course | Prerequisites / Comments | Credits | Semester(s) Offered |
|---------------------------|---|---------|---------------------|
| BIOL 325 Physiology & Lab | BIOL 151, BIOL 153, or BIOL 221, and CHEM 112 | 4 | S |
| Total Credit Hours | | 15 | |

THIRD YEAR

Fifth Semester

| Course | Prerequisites / Comments | Credits | Semester(s) Offered |
|--|--------------------------|---------|---------------------|
| *BIOL 331 Microbiology & Lab | BIOL 151 | 3 | F |
| ^EXS 350/350L Exercise Physiology with Lab | BIOL 221 or BIOL 323 | 4 | F |
| Science Elective (1); BIOL Prefix | | 3/4 | F/S/SU |
| Math 281 Statistics | | 3 | F/S/SU |
| Arts & Humanities Requirement | | 3 | F/S/SU |
| Total Credit Hours | | 16/17 | |

Sixth Semester

| Course | Prerequisites / Comments | Credits | Semester(s) Offered |
|--|--------------------------|---------|---------------------|
| *BIOL 343 Cell and Molecular Biology & Lab | BIOL 151 | 4 | S (Odd Years) |
| ^EXS 400 Exercise Test and Prescription | EXS 350 | 3 | S |
| ^EXS 300 Introduction to Research | ENGL 201 | 3 | S |
| Science Elective (2) | | 3/4 | F/S/SU |
| Total Credit Hours | | 13/14 | |

FOURTH YEAR

Seventh Semester

| Course | Prerequisites / Comments | Credits | Semester(s) Offered |
|---|--------------------------|---------|---------------------|
| *BIOL 311 Principles of Ecology & Lab | BIOL 151 or BIOL 153 | 4 | F (Odd Years) |
| EXS 482 Theory of Strength and Conditioning | EXS 350 | 3 | F |
| EXS 454 Biomechanics | BIOL 221 or EXS 353 | 3 | F |
| Science Elective (3) | | 3/4 | |
| Social Science Requirement | | 3 | F/S/SU |
| Total Credit Hours | | 16/17 | |

Eighth Semester

| Course | Prerequisites / Comments | Credits | Semester(s) Offered |
|--|---------------------------|---------|---------------------|
| *BIOL 335 Introduction to Bioinformatics | BIOL 151 and CSC 105 | 3 | S (Even Years) |
| Science Elective (4) | | 3/4 | F/S/SU |
| ^*EXS 498 or BIOL 498 Undergraduate Research | Consent of the instructor | 2 | F/S |
| Open Elective | | 4 | |
| Total Credit Hours | | 12/13 | |

Semester: F = Fall; S = Spring; SU = Summer; *Information and course schedules may change. This is not a contract.*