



# 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
<b>Total Credit Hours</b>		<b>15</b>	

### 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
<b>Total Credit Hours</b>		<b>16/17</b>	

#### 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
<b>Total Credit Hours</b>		<b>13/14</b>	

### 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
<b>Total Credit Hours</b>		<b>16/17</b>	

#### 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	
<b>Total Credit Hours</b>		<b>12/13</b>	

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