

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 Experience		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	(CIV 100, HIST 151 or HIST 152, POLS 100 or POLS 210)	3	F/S/SU
CSC 105 Intro to Computers		3	F/S/SU
** Pick 12 course		3	F/S/SU
Total Credit Hours		16	

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
Elective		3	F/S
Arts and Hum #2 (ARTH/MUS/THEA/foreign language)		3	F/S
** Pick 12 course		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
Electives		12	
Total Credit Hours		16	

Sixth Semester

Course	Prerequisites / Comments	Credits	Semester(s) Offered
** Pick 12 course		4	S
EXS 400 Exercise Test & Prescription	EXS 350	3	S
EXS 300 Intro to Research	ENGL 201	3	S
Electives		6	
Total Credit Hours		16	

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
Electives		6	
Total Credit Hours		12	

Eighth Semester

Course	Prerequisites / Comments	Credits	Semester(s) Offered
** Pick 12 course		3	F/S/SU
HLTH 422 Nutrition		3	S/SU
Electives		6	F/S
Total Credit Hours		12	

P = Course Prerequisite

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

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

**Pick 12 = See your advisor for the list of courses available to fulfill the 12 credits required.

Possible additional credentials using the 35 elective credits required for this program:

- **Biology major**
- **Health minor**
- **Strength & Conditioning minor**
- **Business minor**

Ask your advisor about other possible majors, minors, and endorsements that are available.