



Plan of Study – Exercise Science: Science Specialization (not pre-professional)

This guide was approved 9/27/21. All advising guides should be used in consultation with your advisor.

Freshman Year

Fall

Course Title	Prerequisites/Comments	Credits	Semester	Grade
ENGL 101 Comp I		3		
1/2 Social Science Gen Ed (SOC 100?)		3		
EXS 101 The Exercise Science Major		2		
GS 100		1		
BIOL 101/L or 151/L Biology Survey or General Biology		4		
Add HLTH 251 if need 30 cr/year	Total Credit Hours	13		

Spring

Course Title	Prerequisites/Comments	Credits	Semester	Grade
ENGL 201 Comp II		3		
2/2 Social Science Gen Ed (PSYC 101)		3		
MATH 114 College Algebra		3		
EXS 130 Basic Medical Terminology		3		
BIOL 103 or 153 General Biology & Lab		4		
	Total Credit Hours	16		

Sophomore Year

Fall

Course Title	Prerequisites/Comments	Credits	Semester	Grade
1/2 Arts and Humanities Gen Ed		3		
HLTH 251 First Aid and CPR		1		
CMST 101, 200 or 220 - Speech		3		
EXS 250 and 250L Anatomy and Physiology		4		
CHEM 106 or 112 & Lab		4		
	Total Credit Hours	15		

Spring

Course Title	Prerequisites/Comments	Credits	Semester	Grade
2/2 Arts and Humanities Gen Ed		3		
Additional Gen ED/Minor		3		
Additional Gen ED/Minor		3		
EXS 285 Exercise and Chronic Disease	EXS 250	3		
EXS 280 and 280L Fitness Assessment and Lab	EXS 250	3		
	Total Credit Hours	15		



Junior Year

Fall

Course Title	Prerequisites/Comments	Credits	Semester	Grade
MATH 281 Statistics OR PSYC 371 Statistics in Psychological Research	College Algebra (MATH 281)	3		
EXS 350 and EXS 350L Exercise Physiology	EXS 250	4		
Additional Gen ED/Minor		3		
EXS 353 and EXS 353L Kinesiology	EXS 250 or BIOL 221	4		
Additional Gen ED/Minor		3		
	Total Credit Hours	17		

Spring

Course Title	Prerequisites/Comments	Credits	Semester	Grade
EXS 354 & 354L Prevention & Care of Athletic Injuries		3		
HLTH 422 Nutrition		3		
EXS 300 Intro to Research	ENGL 201 (other options)	3		
Additional Gen ED/Minor		3		
Additional Gen ED/Minor		3		
	Total Credit Hours	15		

Senior Year

Fall

Course Title	Prerequisites/Comments	Credits	Semester	Grade
EXS 462 Exercise Leadership (Fall only)	EXS 250	2		
EXS 494 Internship		2		
EXS 452 Motor Learning & Development (Fall & Summer Only)		3		
EXS 482 Theory of Strength & Conditioning	EXS 350	3		
Additional Gen ED/Minor		4		
	Total Credit Hours	14		

Spring

Course Title	Prerequisites/Comments	Credits	Semester	Grade
Additional Gen ED/Minor		3		
EXS 494 Internship		3		
EXS 425 & 425L Exercise Programming for S.P.	HLTH 422 and EXS 250 OR EXS 350	3		
EXS 489 Applied Human Performance (Spring only)	EXS 482	2		
EXS 454 & EXS 454L Biomechanics	EXS 250 OR 353 or BIOL 221	4		
	Total Credit Hours	15		