

	Student ID			
	Student Name			
	<b>Required Courses</b>			
	<b>Course</b>	<b>Title</b>		
	<b>Grade</b>	<b>Hrs.</b>		
<b>General Education</b>	ACAD 101	Prin. of the Learning Academy	1	
	WRIT 101	Composition	3	
	HMXP 102	Human Experience	3	
	CRTW 201	Critical Reading, Thinking & Writing	3	
	Technology (CSCI 101 & 3 from CSCI 101A, B, C, F or P)		3	
	Historical Perspectives		3	
	Physical Activity		0	
	Global Perspective		3	
	Social Science #1 (PSYC 101)	General Psychology	3	
	Social Science #2		3	
	Humanities & Arts #1		3	
	Humanities & Arts #2		3	
	Quantitative Skills		3	
	Natural Science	Met in major w/ NUTR221	0	
	Natural Science	Met in major w/ CHEM 201 or 211	0	
	Intensive Writing	Met in major w/ PESH381	0	
	Constitutional		3	
	Oral Communication		3	
	<b>Major Requirements</b>	EXSC 101	Intro to Exercise Science	3
		EXSC 208	Exercise Leadership & Training Instruction	3
		EXSC 370	Kinesiology	3
		EXSC 382	Biomechanics	3
		EXSC 384/385	Exercise Physiology I & Lab	4
		EXSC 401	Psychology of Sport & Physical Activity	3
		EXSC 465	Strength and Conditioning	3
EXSC 480		Exercise Testing & Prescription/Lab	3	
HLTH 300		Personal & Community Health	3	
PESH 102		Weight Training	1	
PESH 381		Research Methods in Phys Activity & Sports Mgmt	3	
BIOL 220/222		Prin. Of Cell and Molecular Biology & Lab	4	
BIO 307/308 or BIOL 213/214		Anatomy/Human Physiology or Physiology I&II	8	
NUTR 221		Food & Nutrition	3	
CHEM 201 or 211		General Chemistry I	4	
EXSC 484/486		Exercise Physiology II & Lab	4	
EXSC 494		Portfolio in Exercise Science	1	
EXSC 492 or 493		Cert. Seminar in Exercise Science	2	
EXSC 496		Internship	9	
EXSC 501		Admin of Sport & Phys Ed Programs	3	
EXSC 511		Phys. Act. for Special & Aging Populations	3	
HLTH 406 or EXSC 300		Exc. & Health Promotion/Socio Dim of Phys Act	3	
PESH 201		First Aid & CPR	1	
ELECTIVES		0-6 credits	3	

**Requirement/Policy Checklist**

- 2.5 GPA Requirement
- Cultural Events (up to 18)
- 40 hrs > 299
- S/U Options (max 5)
- For Admission to the EXSC Internship/Graduation Senior Status**
- Completion of BIOL 213/214 or 307/308 w/ C- or better
- Completion of all internship required hours/supporting documents
- Take national NCCA-accredited B.S. level certification exam

**Suggested Semester Plan**

<b>Semester 1</b>		<b>Semester 2</b>	
ACAD 101	1	CHEM 105	4
EXSC 101	3	HMXP 102	3
HLTH 300	3	BIOL 220/222	4
PESH 102	1	NUTR 221	3
Quant Skills Req	3	Technology Req	3
WRIT 101	3		
	14		17
<b>Semester 3</b>		<b>Semester 4</b>	
CRTW 201	3	EXSC 208	3
BIOL 213	4	BIOL 214	4
PSYCH 101	3	PESH 201	1
Global Persp.	3	Social Science	3
Humanities/Arts	3	Humanities/Arts	3
	16		14
<b>Semester 5</b>		<b>Semester 6</b>	
EXSC 384/385	4	EXSC 480	3
EXSC 300/HLTH 406	3	EXSC 382	3
PESH381	3	EXSC 401	3
Historical Persp.	3	Oral Comm.	3
EXSC 370	3	EXSC 511	3
	16		15
<b>Semester 7</b>		<b>Semester 8</b>	
EXSC 465	3	EXSC 492/493	2
EXSC 501	3	EXSC 494	1
EXSC 484/486	4	EXSC 496	9
Constitution Req	3		
Elective	3		
	16		12

**Notes**

\* View Catalog/Wingspan to determine appropriate courses

120 Need 0

\*3-10 elective hours, depending

\*\* Required courses to be inducted | All major classes require C- or better  
No course can be listed above more than once