

Four-Year Course Plan – BA in Exercise Science				
	FALL		SPRING	
YEAR ONE	EXSC 170 Introduction to Exercise Science BIOL 170 Concepts in Biology I	4 5		
YEAR TWO	EXSC 350 Gross Human Anatomy (Prereq. BIOL 170 or BIOL 180) EXSC 210 Introduction to Health and Wellness (Or EXSC 250 Nutrition, Prereq. CHEM 121)	4 4	EXSC 351 Human Physiology (Prereq. BIOL 170 or BIOL 180) EXSC 270 Care and Prevention of Sport Injuries EXSC Elective*	4 2 4
YEAR THREE	EXSC 370 Exercise Physiology (Prereq. EXSC 350 and EXSC 351) EXSC Elective*	4 4	EXSC 377 Principles of Strength and Conditioning (Prereq. EXSC 370)	4
YEAR FOUR	EXSC 473 Exercise Testing and Prescription (Prereq. EXSC 370) EXSC 491 Internship	4 2	EXSC 470 Senior Capstone	2
TOTAL MAJOR CREDITS BY GRADUATION				47-49
<p>Degree Requirements: <u>Required Courses in Health and Sport Studies (34-36)</u> EXSC 170 Introduction to Exercise Science (4) One course from: EXSC 204: Applied Anatomy. (4) EXSC 350: Gross Anatomy. (4) BIOL 325: Human Anatomy & Physiology I. (5) One course from: EXSC 351: Human Physiology. (4) BIOL 326: Human Anatomy & Physiology II. (5) One course from: EXSC 210: Introduction to Health and Wellness. (4) EXSC 250: Nutrition. (4) EXSC 270: Care and Prevention of Sport Injuries (w/ CPR & First Aid). (2) EXSC 370: Exercise Physiology. (4) EXSC 377: Principles of Strength and Conditioning. (4) EXSC 470: Senior Capstone. (2) EXSC 473: Exercise Testing and Prescription. (4) EXSC 491: Internship. (2)</p> <p><u>Required Courses in Other Departments (5)</u> BIOL 170: Concepts in Biology: Biological Information, Reproduction, and Evolution. 5 credits</p> <p><i>*8 credits of electives chosen from</i> SPMG 220 Event and Facility Management (4) SPMG 235 Psychology of Sport and Exercise (4) SPMG 320 Legal Aspects of Sport (4) EXSC 283 Motor Learning (4) EXSC 285 Biomechanics (4) EXSC 475 Exercise for Special Populations (4) PSYC 201 Statistics (or equivalent) (4) PSYC 202 Experimental Design (5)</p>				

Updated by 2/14/2025