

Four-Year Course Plan – B.S. in Exercise Science				
	FALL		SPRING	
YEAR ONE	EXSC 170 Introduction to Exercise Science BIOL 170 Concepts of Biology I	4 5	BIOL 180 Concepts of Biology II EXSC Elective	5 4
YEAR TWO	EXSC 350 Gross Human Anatomy (Prereq. BIOL 170 or BIOL 180) DATA 227 Data Analysis (OR PSYC 201 Statistics OR BUSI 210 Statistics)	4 4	EXSC 351 Human Physiology (Prereq. BIOL 170 or BIOL 180) EXSC Elective	4 4
YEAR THREE	EXSC 370 Exercise Physiology (Prereq. EXSC 350 and EXSC 351) CHEM 121 Models of Chemical System I	4 5	CHEM 162 Models of Chemical System II EXSC Elective	5 4
YEAR FOUR	EXSC 473 Exercise Testing and Prescription (Prereq. EXSC 370) EXSC Elective	4 4	EXSC 470 Senior Capstone EXSC Elective	2 4
TOTAL MAJOR CREDITS BY GRADUATION				66-68
<p>Exercise Science Group I Electives (8 credit hours) ENGL 335TF Narrative Medicine (4) ENGL 352TA Reading the Body (4) PHIL 110 Logic and Critical Reasoning (4) PHYS 201 Physics I (5) PHYS 202 Algebra-based Physics II (5) PSYC 101 Introduction to Psychology (4) PSYC 202 Experimental Design (5) PSYC 212 Health Psychology (4) PSYC 213 Psychopharmacology (4) PSYC 230 Lifespan Development (2-3) PSYC 251 Psychopathology (4) PSYC 252 Developmental Psychopathology (4) PSYC 280 Psychology of Cultural Diversity (4) RELI 213 Religion and Medicine (4)</p> <p>Exercise Science Group II Electives (12 credit hours) BIOL 221 Pharmacology (4) BIOL 223 Pathophysiology (4) CHEM 201 Organic Chemistry I (5) CHEM 305 Molecular Toxicology (4) SPMG 220 Event Planning and Facility Management (4) SPMG 222 Sport Marketing (4) SPMG 235 Psychology of Sport and Exercise (4) EXSC 250 Nutrition (4) EXSC 255 Resistance Training Methods (2) EXSC 270 Care and Prevention of Athletic Injuries (2) EXSC 281 Techniques in Aerobic Training (2) EXSC 283 Motor Learning (4) EXSC 285 Biomechanics (4) EXSC 377 Strength and Conditioning (4) EXSC 475 Exercise for Special Populations (4) EXSC 491 Internship (1-4)</p>		<p>Exercise Science Required Courses (22 Credit hours) EXSC 170 Introduction to Exercise Science (4) Anatomy course (8 or 10 credits) <ul style="list-style-type: none"> • EXSC 350 Gross Human Physiology (4) + EXSC 351 Human Physiology (4) OR • BIOL 325 Anatomy & Physiology I (5) + BIOL 326 Anatomy & Physiology II (4) + BIOL 327 AP II Lab (1) EXSC 370 Exercise Physiology (4) EXSC 473 Exercise Testing and Prescription (4) EXSC 470 Senior Capstone (2) Required in Related Department (24 credit hours) BIOL 170 Concepts of Biology I (5) BIOL 180 Concepts of Biology II (5) CHEM 121 Models of Chemical System I (5) CHEM 162 Models of Chemical System II (5) DATA 227 Data Analysis (OR PSYC 201 Statistics OR BUSI 210 Statistics)</p>		

Updated by 2/14/2025