

YEAR TERM		MAJOR COURSES					CORE COURSES		TOTAL CREDITS
YEAR 1	FALL	BIOL 210 4 HUMAN GROSS ANATOMY	EXSC 100 3 INTRODUCTION TO KINESIOLOGY Pre-Req: Exercise Science Major	EXSC 150 3 AEROBIC CONDITIONING Pre-Req: Exercise Science Major		MATH 135 or 141 4 FUNDAMENTALS OF PRECALCULUS I or PRECALCULUS Pre-Req: Placement Exam or MATH 101	FCWR 101* 3 FOUNDATIONS OF COLLEGE COMPOSITION Pre-Req: Placement or WRIT 100		17
	SPRING	CHEM 105 or 110 3/4 APPLIED CHEMISTRY or GENERAL CHEMISTRY I Co-Req: MATH 135 or higher	EXSC 110 3 FOUNDATIONS OF PHYSICAL ACTIVITY Pre-Req: Exercise Science Major	EXSC 160 3 RESISTANCE AND FLEXIBILITY TRAINING Pre-Req: Exercise Science Major			FCWR 151* 3 FOUNDATIONS OF RESEARCH WRITING Pre-Req: FCWR 101	FCIQ 101 3 FOUNDATIONS OF INQUIRY	15/16
YEAR 2	FALL	BIOL 310 4 HUMAN PHYSIOLOGY Pre-Req: BIOL 210, and CHEM 105 or CHEM 110	EXSC 200 3 MOTION ANALYSIS Pre-Req: EXSC 100 and BIOL 210		PSYC 101 3 INTRODUCTION TO PSYCHOLOGY		FCSC 101 3 FOUNDATIONS OF SCIENTIFIC PROCESS	FCSP 105 3 FOUNDATIONS OF SPEECH COMMUNICATION	16
	SPRING	EXSC 300/ HSCI 330 3 EXERCISE PHYSIOLOGY Pre-Req: EXSC 100 and BIOL 310	EXSC 210 3 MEASUREMENT AND PRESCRIPTION Pre-Req: EXSC 100, MATH 135/141 or PSYC 210	NTSI 201 3 INTRODUCTION TO CLINICAL NUTRITION PRACTICE		GENERAL ELECTIVE 3	FCWR 302 3 COMMUNICATION FOR HEALTHCARE CAREERS Pre-Req: FCWR 151		15
YEAR 3	FALL	EXSC 220 3 DISABILITY AND DIVERSITY IN PHYSICAL ACTIVITY Pre-Req: EXSC 100 and BIOL 210	EXERCISE SCIENCE ELECTIVE 3	MGMT 102 3 PRINCIPLES OF MANAGEMENT			ICBS 309** 3 ANTHROPOLOGICAL APPROACHES TO HEALTH	ICPH 3XX** 3 PHILOSOPHY CHOICE	15
	SPRING	EXSC 230 3 SURVEY OF ATHLETIC INJURIES Pre-Req: ESC 100 and BIOL 210	EXERCISE SCIENCE ELECTIVE 3	NTSI 360 3 LIFESTYLE AND WEIGHT MANAGEMENT Pre-Req: NTSI 201		GENERAL ELECTIVE 3		ICSS 3XX** 3 SOCIAL SCIENCE CHOICE	15
YEAR 4	FALL	EXERCISE SCIENCE ELECTIVE 3	EXERCISE SCIENCE ELECTIVE 3/4	EXERCISE SCIENCE ELECTIVE 3		GENERAL ELECTIVE 3	ICLT 3XX** 3 LITERATURE CHOICE		15/16
	SPRING	EXSC 400 3 CONTEMP. ISSUES IN EXERCISE SCIENCE Pre-Req: EXSC 300 and 5 EXSC electives Co-Req: EXSC 400	EXSC 410 4 SENIOR PRACTICUM Pre-Req: EXSC 300 and 5 EXSC electives Co-Req: EXSC 400		GENERAL ELECTIVE 3	GENERAL ELECTIVE 3			13
CREDITS									121-123

*Non-native English speakers should take FCWR 111 in lieu of FCWR 101 and FCWR 161 in lieu of FCWR 151.

**Pre-Req: FCWR 101, FCWR 151, FCIQ 101, FCSP 105, FCSC 101

Exercise Science Elective Options (Select 5)	
EXSC 310 Essentials of Strength and Conditioning	EXSC 360 Exercise Programs for Special Populations
EXSC 320 Biomechanics	EXSC 370 Exercise Programs for Older Adults
EXSC 330 Motor Learning	EXSC 380/PSYC 327 Exercise and Sport Psychology
EXSC 340 Graded Exercise Testing	HSCI 480 Health Education and Promotion
EXSC 350 Aerobic and Anaerobic Exercise Leadership	

Course names, numbers and/or pre-requisites are subject to change. (Rev. 10/21)