



EXERCISE SCIENCE

SAMPLE FOUR-YEAR PLAN



PRE-PROFESSIONAL: ATHLETIC TRAINING

FRESHMAN

<i>Fall</i>			<i>Spring</i>		
Course #	Course Title		Course #	Course Title	
BIOL:200	Human Anatomy & Physiology I	3	BIOL:202	Human Anatomy & Physiology II	3
BIOL:201	Human Anatomy & Physiology I Lab	1	BIOL:203	Human Anatomy & Physiology II Lab	1
ENGL:111	English Composition I	3	ENGL:112	English Composition II	3
3470:260	Basic Statistics	4	COMM:106	Effective Oral Communication OR	3
3750:100	Introduction to Psychology (F or Sp)	3	COMM:105	Introduction to Public Speaking (F or Sp)	3
EXER:125	Introduction to Exercise Science (F or Sp)	1	SOCIO:100	Introduction to Sociology (F or Sp)	3
		15	EXER:150	Concepts of Health & Fitness (F or Sp)	3
					16

SOPHOMORE

<i>Fall</i>			<i>Spring</i>		
Course #	Course Title		Course #	Course Title	
<i>BIOL 110</i>	<i>Principles of Biology I (includes lab)</i>	4	EXER:220	Health Promotion and Beh Change (F or Sp)	3
<i>CHEM:151</i>	<i>Principles of Chemistry I</i>	3	<i>BAHA:120</i>	<i>Medical Terminology</i>	3
EXER:201	Kinesiology (F or Sp)	3	<i>EXER:240</i>	<i>Principles of Sports Medicine</i>	3
<i>CHEM:152</i>	<i>Principles of Chemistry I Lab</i>	1	EXER:302	Physiology of Exercise & Lab	3
<i>xxxx:xxx</i>	Humanities/CT requirement	3	<i>XXXX:XXX</i>	Arts or Humanities requirement	3
		14			15

JUNIOR

<i>Fall</i>			<i>Spring</i>		
Course #	Course Title		Course #	Course Title	
<i>EXER:401</i>	<i>Musculoskeletal Anatomy I: Upper Ext</i>	3	<i>xxxx:xxx</i>	Arts/Humanities Requirement	3
<i>xxxx:xxx</i>	<i>advisor approved elective</i>	3	EXER:327	Exercise Leadership	3
<i>PHYS:261</i>	<i>Physics for Life Sciences I (includes lab)</i>	4	<i>EXER:400</i>	<i>Musculoskeletal Anat III: Lower Ext</i>	3
<i>EXER:426</i>	<i>Nutrition for Sports</i>	3	EXER:460	Practicum in Ex Sci	3
EXER:352	Strength and Cond Fundamentals (F or Sp)	3	<i>xxxx:xxx</i>	<i>advisor approved elective</i>	3
		16			15

SENIOR

<i>Fall</i>			<i>Spring</i>		
Course #	Course Title		Course #	Course Title	
<i>xxxx:xxx</i>	<i>advisor approved elective</i>	3	EXER:410	Exercise in Special Populations	3
EXER:449	Organization/Administration: HCP	3	<i>XXXX:XXX</i>	global diversity requirement	3
EXER:403	Exercise Testing	3	EXER:485	Exercise Science Capstone	2
EXER:330	Exercise and Weight Control	3	EXER:404	Exercise Prescription	3
<i>XXXX:XXX</i>	Complex Issues requirement	3	<i>EXER:412</i>	<i>General Medical Aspects</i>	3
		15			14

1. Courses in bolded print are prerequisites for admission into the program. Bold courses must average 2.5 GPA with cumulative GPA of 2.75 or higher.
2. ENGL: 111 and ENGL: 112 must be completed with a C or better.
3. Courses in italics are electives. See advisor for appropriate electives based on career choice.

ALERT: By the end of the first 48 credit hours attempted, you must have completed your General Education Writing, Mathematics, Statistics, Logic and Speaking requirements.