



# EXERCISE SCIENCE

## SAMPLE FOUR-YEAR PLAN



### PRE-PROFESSIONAL: MEDICAL

#### FRESHMAN

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

#### SOPHOMORE

<i>Fall</i>			<i>Spring</i>		
Course #	Course Title		Course #	Course Title	
<i>BIOL:111</i>	<i>Principles of Biology I + Lab</i>	<i>4</i>	<i>EXER:220</i>	<i>Health Promotion and Beh Change (F or Sp)</i>	<i>3</i>
<i>CHEM:151</i>	<i>Principles of Chemistry I</i>	<i>3</i>	<i>CHEM:153</i>	<i>Principles of Chem II</i>	<i>3</i>
<i>EXER:201</i>	<i>Kinesiology (F or Sp)</i>	<i>3</i>	<i>PHYS:262</i>	<i>Physics for Life Sciences II</i>	<i>4</i>
<i>PHYS:261</i>	<i>Physics for Life Sciences I</i>	<i>4</i>	<i>CHEM:154</i>	<i>Qualitative Analysis</i>	<i>2</i>
<i>CHEM:152</i>	<i>Principles of Chemistry I Lab</i>	<i>1</i>	<i>BIOL:112</i>	<i>Principles of Biology II + Lab</i>	<i>4</i>
		15			16

#### JUNIOR

<i>Fall</i>			<i>Spring</i>		
Course #	Course Title		Course #	Course Title	
<i>BAHA:120</i>	<i>Medical Terminology</i>	<i>3</i>	<i>XXXX:XXX</i>	<i>Complex Issues Requirement</i>	<i>4</i>
<i>EXER:302</i>	<i>Physiology of Exercise &amp; Lab</i>	<i>3</i>	<i>xxxx:xxx</i>	<i>Arts Requirement</i>	<i>3</i>
<i>CHEM:263</i>	<i>Organic Chem I +Lab</i>	<i>4</i>	<i>XXXX:XXX</i>	<i>Elective</i>	<i>3</i>
<i>CHEM:401</i>	<i>Biochem I</i>	<i>3</i>	<i>EXER:460</i>	<i>Practicum in Ex Sci</i>	<i>3</i>
<i>BIOL:211</i>	<i>Genetics</i>	<i>3</i>	<i>CHEM:264</i>	<i>Organic Chem II+ lab</i>	<i>4</i>
		16			17

#### SENIOR

<i>Fall</i>			<i>Spring</i>		
Course #	Course Title		Course #	Course Title	
<i>EXER:352</i>	<i>Strength and Cond Fundamentals (F or Sp)</i>	<i>3</i>	<i>EXER:410</i>	<i>Exercise in Special Populations</i>	<i>3</i>
<i>EXER:449</i>	<i>Organization/Administration: HCP</i>	<i>3</i>	<i>EXER:327</i>	<i>Exercise Leadership</i>	<i>3</i>
<i>EXER:403</i>	<i>Exercise Testing</i>	<i>3</i>	<i>EXER:485</i>	<i>Exercise Science Capstone</i>	<i>2</i>
<i>EXER:330</i>	<i>Exercise and Weight Control</i>	<i>3</i>	<i>EXER:404</i>	<i>Exercise Prescription</i>	<i>3</i>
<i>xxxx:xxx</i>	<i>Humanities/GD requirement</i>	<i>3</i>	<i>XXXX:XXX</i>	<i>Arts or Humanities requirement</i>	<i>3</i>
		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.**