



# EXERCISE SCIENCE

## SAMPLE FOUR-YEAR PLAN



### PRE-PROFESSIONAL: OCCUPATIONAL THERAPY

#### 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>BIOL:202</b>	<b>Human Anatomy &amp; Physiology II</b>
<b>BIOL:201</b>	<b>Human Anatomy &amp; Physiology I Lab</b>	<b>BIOL:203</b>	<b>Human Anatomy &amp; Physiology II Lab</b>
<b>ENGL:111</b>	<b>English Composition I</b>	<b>ENGL:112</b>	<b>English Composition II</b>
<b>STAT:260</b>	<b>Basic Statistics</b>	<b>COMM:106</b>	<b>Effective Oral Communication OR</b>
<b>PSYC:100</b>	<b>Introduction to Psychology (F or Sp)</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>		
	<u>1</u>	EXER:150	Concepts of Health & Fitness (F or Sp)
	15		<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>	EXER:220	Health Promotion and Beh Change (F or Sp)
<i>BAHA:120</i>	<i>Medical Terminology</i>	<i>PSYC:230</i>	<i>Developmental Psychology</i>
EXER:201	Kinesiology (F or Sp)	<i>xxxx:xxx</i>	<i>Elective Course</i>
<i>xxxx:xxx</i>	<i>Humanities/CT requirement</i>	<i>xxxx:xxx</i>	<i>Elective Course</i>
CHEM:151	Principles of Chem I		
	<u>3</u>		
	16		<u>14</u>

#### JUNIOR

<i>Fall</i>		<i>Spring</i>	
Course #	Course Title	Course #	Course Title
<i>XXXX:XXX</i>	<i>Arts or Humanities requirement</i>	<i>xxxx:xxx</i>	<i>Arts Requirement</i>
EXER:302	Physiology of Exercise & Lab	EXER:327	Exercise Leadership
<i>PHYS:261</i>	<i>Physics for Life Sciences I</i>	<i>PSYC:420</i>	<i>Abnormal Psychology</i>
<i>XXXX:XXX</i>	<i>Elective Course</i>	EXER:460	Practicum in Ex Sci
EXER:352	Strength and Cond Fundamentals (F or Sp)	<i>XXXX:XXX</i>	<i>Global Diversity requirement</i>
	<u>3</u>		<u>3</u>
	16		15

#### SENIOR

<i>Fall</i>		<i>Spring</i>	
Course #	Course Title	Course #	Course Title
<i>EXER:400</i>	<i>Musculoskeletal Anat I: Upper Ext</i>	EXER:410	Exercise in Special Populations
EXER:449	Organization/Administration: HCP	EXER:412	General Medical Aspects
EXER:403	Exercise Testing	EXER:485	Exercise Science Capstone
EXER:330	Exercise and Weight Control	EXER:404	Exercise Prescription
<i>XXXX:XXX</i>	<i>Complex Issues requirement</i>	<i>EXER:401</i>	<i>Musculoskeletal Anatomy II: Lower Ext</i>
	<u>4</u>		<u>3</u>
	16		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.**