



EXERCISE SCIENCE

SAMPLE FOUR-YEAR PLAN



PRE-PROFESSIONAL: PHYSICAL THERAPY

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
STAT:260	Basic Statistics	4	COMM:106	Effective Oral Communication OR	3
PSYC: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)	<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>	EXER:220	Health Promotion and Beh Change (F or Sp)	3
<i>CHEM:151</i>	<i>Principles of Chemistry I</i>	<i>3</i>	<i>BAHA:120</i>	<i>Medical Terminology</i>	<i>3</i>
EXER:201	Kinesiology (F or Sp)	3	<i>BIOL:112</i>	<i>Principles of Biology II +Lab</i>	<i>4</i>
<i>CHEM:152</i>	<i>Principles of Chemistry I Lab</i>	<i>1</i>	<i>CHEM:153</i>	<i>Principles of Chemistry II</i>	<i>3</i>
<i>xxxx:xxx</i>	<i>Humanities/CT requirement</i>	<i>3</i>	<i>CHEM:154</i>	<i>Qualitative Analysis</i>	<i>2</i>
		14			15

JUNIOR

<i>Fall</i>			<i>Spring</i>		
Course #	Course Title		Course #	Course Title	
<i>XXXX:XXX</i>	<i>Arts or Humanities requirement</i>	<i>3</i>	<i>xxxx:xxx</i>	<i>Arts Requirement</i>	<i>3</i>
EXER:302	Physiology of Exercise & Lab	3	EXER:327	Exercise Leadership	3
<i>PHYS:261</i>	<i>Physics for Life Sciences I</i>	<i>4</i>	<i>PHYS:262</i>	<i>Physics for Life Sciences II</i>	<i>4</i>
<i>PSYC:230</i>	<i>Developmental Psychology</i>	<i>4</i>	EXER:460	Practicum in Ex Sci	<u>3</u>
EXER:352	Strength and Cond Fundamentals (F or Sp)	3			13
		17			

SENIOR

<i>Fall</i>			<i>Spring</i>		
Course #	Course Title		Course #	Course Title	
<i>EXER:400</i>	<i>Musculoskeletal Anat I: Upper Ext</i>	<i>3</i>	EXER:410	Exercise in Special Populations	3
EXER:449	Organization/Administration: HCP	3	<i>XXXX:XXX</i>	<i>Global Diversity requirement</i>	<i>3</i>
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>	<i>Complex Issues Facing Society req</i>	<u><i>4</i></u>	<i>EXER:401</i>	<i>Musculoskeletal Anatomy II: Lower Ext</i>	<u><i>3</i></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.