

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

\*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. 3/20)