

| YEAR TERM | | MAJOR COURSES | | | | | GENERAL EDUCATION | | TOTAL CREDITS |
|-----------|--------|--|--|---|--|---|--|--|---------------|
| YEAR 1 | FALL | BIOL 110 4 GENERAL BIOLOGY I (General Elective) | EXSC 100 3 INTRODUCTION TO KINESIOLOGY Pre-Req: Exercise Science Major | EXSC 150 3 AEROBIC CONDITIONING Pre-Req: Exercise Science Major | | MATH 141 4 PRECALCULUS Pre-Req: Placement Exam or MATH 101 | FCWR 101/111 3 FOUNDATIONS OF COLLEGE COMPOSITION Pre-Req: Requires Placement | | 17 |
| | SPRING | BIOL 150 4 GENERAL BIOLOGY II Pre-Req: BIOL 110 (General Elective) | EXSC 110 3 FOUNDATIONS OF PHYSICAL ACTIVITY Pre-Req: Exercise Science Major | EXSC 160 3 RESISTANCE AND FLEXIBILITY TRAINING Pre-Req: Exercise Science Major | | | FCWR 151/111 3 FOUNDATIONS OF RESEARCH WRITING Pre-Req: FCWR 101/111 | DATA 101 3 MAKING SENSE OF A DATA-ORIENTED SOCIETY | 16 |

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| YEAR 2 | FALL | BIOL 210 4 HUMAN GROSS ANATOMY | EXSC 210 3 MEASUREMENT AND PRESCRIPTION Pre-Req: EXSC 100, MATH 135/141 or PSYC 210 | | PSYC 101 3 INTRODUCTION TO PSYCHOLOGY | CHEM 110 4 GENERAL CHEMISTRY I Co-Req: MATH 135 or higher | | | 14 |
| | SPRING | BIOL 310 4 HUMAN PHYSIOLOGY Pre-Req: BIOL 210, and CHEM 105 or CHEM 110 | EXSC 300/HSCI 330 3 EXERCISE PHYSIOLOGY Pre-Req: EXSC 100 and BIOL 310 | EXSC 200 3 MOTION ANALYSIS Pre-Req: EXSC 100 and BIOL 210 | NTSI 201 3 INTRODUCTION TO CLINICAL NUTRITION | | FCWR 302 3 COMMUNICATION FOR HEALTHCARE CAREERS Pre-Req: FCWR 151 | | 16 |

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| YEAR 3 | FALL | EXSC 220 3 DISABILITY & DIVERSITY IN PHYSICAL ACTIVITY Pre-Req: EXSC 100 and BIOL 210 | EXERCISE SCIENCE ELECTIVE 3 | MGMT 102 3 PRINCIPLES OF MANAGEMENT | | CHEM 150 4 GENERAL CHEMISTRY II Pre-Req: CHEM 110 (Science Elective) | ICBS 309** 3 ANTHROPOLOGICAL APPROACHES TO HEALTH | | 16 |
| | SPRING | EXSC 230 3 SURVEY OF ATHLETIC INJURIES Pre-Req: EXSC 100 and BIOL 210 | EXERCISE SCIENCE ELECTIVE 3 | NTSI 360 3 LIFESTYLE AND WEIGHT MANAGEMENT Pre-Req: NTSI 201 | PSYC 210 4 STATISTICAL ANALYSIS Pre-Req: MATH 115 or Higher (General Elective) | | ICXX 3XX * 3 SEMINAR CHOICE (ICBS, ICLT, ICPH, or ICSS) Pre-Req: FCWR 101/111 and FCWR 151/161 | | 16 |

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| YEAR 4 | FALL | EXERCISE SCIENCE ELECTIVE 3 | EXSC 380/PSYC 327 3 EXERCISE AND SPORT PSYCHOLOGY Pre-Req: PSYC 101 (Exercise Science Elective) | EXERCISE SCIENCE ELECTIVE 3 | | PHYS 140/141 4 PHYSICS FOR LIFE SCIENCES I/LAB Pre-Req: MATH 141 or MATH 136 (General Elective) | ICXX 3XX * 3 SEMINAR CHOICE (ICBS, ICLT, ICPH, or ICSS) Pre-Req: FCWR 101/111 and FCWR 151/161 | | 16 |
| | SPRING | EXSC 410 4 SENIOR PRACTICUM Pre-Req: EXSC 300 and 5 EXSC electives Co-Req: EXSC 400 | EXSC 400 3 CONTEMP. ISSUES IN EXERCISE SCIENCE Pre-Req: EXSC 300 and 5 EXSC electives Co-Req: EXSC 410 | | | PHYS 160/161 4 PHYSICS FOR LIFE SCIENCES II/LAB Pre-Req: PHYS 140/141 (General Elective) | ICXX 3XX * 3 SEMINAR CHOICE (ICBS, ICLT, ICPH, or ICSS) Pre-Req: FCWR 101/111 and FCWR 151/161 | | 14 |

CREDITS
121-123

*Seminar courses must be taken in three different subject areas. Only one subject area may be duplicated, with a maximum of 2 courses in a subject category (ICLT, ICPH, ICBS, ICSS). You may only take one additional ICBS Course.

Students with transfer credits should meet with Dr. Alex Rothstein to discuss taking PT prerequisites, as transfer credits may prevent these courses from counting toward full-time status.

Course names, numbers and/or pre-requisites are subject to change.
(Rev. 4/25)

Exercise Science Elective Options (Select 5)

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| 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 370 Intro to Clinical Cardiology |
| EXSC 350 Aerobic and Anaerobic Exercise Leadership | HSCI 480 Health Education and Promotion |