

Exercise Science Major (EXSC)

Distribution of Courses	Hrs	Distribution of Courses	Hrs
General Education and Liberal Arts	30-32	Free Electives <<<< OR >>>>	18-21
CPN 100 & 101 (GEC1 & GEC2) << OR >>	6	Concentration Electives	20
CPN 102 & 103 (GEC1 & GEC2)	8	(If accepted into a concentration. See below.)	
PSY 101 (GESS)	3		
COM 210: (GECP)	3	Writing Intensive	3
Other General Education	18	3 credits of WI must be taken in addition to EXS 310.	
Math and Science Requirements	30-31	These 3 credits can be within EXS electives,	
MAT 121 << OR >> MAT 135	3-4	free electives or GE credits.	
Statistics (GEMA)	3	Total Hours Required for Graduation	120
(EXS 201, PSY 201, MAT 201, COM 230, ECO 221)			
BIO 301*: Anatomy and Physiology I	4	See Suggested Course Sequencing sheet for all	
BIO 302*: Anatomy and Physiology II	4	EXS major sequencing suggestions.	
CHE 227/277 & CHE 228/278 (GENS)	8	* Check prerequisites and restrictions for	
PHY 105 & 106 << OR >> PHY 201 & 202	8	courses with an asterisk.	
Exercise Science Theory Requirements	27	Concentration Electives	
EXS 100: Intro to Kinesiology	3	Pre-Physical Therapy Concentration	19-21
EXS 111: Comp. App. In EXS	3	BIO 110: Principles of Biology	4
EXS 250: Research Skills in Kin.	3	BIO 111/113: Principles of Biology II	4
EXS 290: Soc Prob & Iss Sport & Exercise (GEDI)	3	EXS 300: Clinical Pathways	1
EXS 310: (WI) Ethical Issues in Kin.	3	EXS 344: Medical Terminology	3
EXS 346 or 367: Sport or Exercise Psych	3	EXS 370: Internship in Exercise Science	1-3
EXS 380: Motor Control & Learning	3	EXS 320: Patient Assessment	3
EXS 387: Biomechanics	3	PSY 333*: Dev PSY <<OR>> PSY 421*: Abnormal PSY	3
EXS 397: Exercise Physiology	3		
Exercise Science Electives (must choose 4)	12	Pre-Athletic Training Concentration	18-20
EXS 225: Digital Video in Kinesiology	3	BIO 111/113: Principles of Biology II	4
EXS 315: Anatomical Kinesiology	3	EXS 300: Clinical Pathways	1
EXS 320: Patient Assessment	3	EXS 344: Medical Terminology	3
EXS 325; Princ. of Strength and Conditioning	3	EXS 370: Internship in Exercise Science	1-3
EXS 344: Medical Terminology	3	EXS 320: Patient Assessment	3
EXS 356: Perf. Enhancing Drugs in Sports	3	EXS 415: Emergency Management	3
EXS 357: Nutrition and Sport Performance	3	HLH 110 or 203*: Community or Public Health	3
EXS 415: Emergency Management	3		
EXS 432: Exercise Prescription	3	Pre-Occupational Therapy Concentration	18-21
EXS 435: Neuromuscular Fit. Assess.& Prog.	3	BIO 111/113: Principles of Biology II	4
EXS 438: Cardio Resp. Fit. Assess.& Prog.	3	EXS 300: Clinical Pathways	1
EXS 449: Advanced Motor Behavior	3	EXS 344: Medical Terminology	3
EXS 465: Advanced Exercise Physiology	3	EXS 370: Internship in Exercise Science	1-3
EXS 487: Advanced Biomechanics	3	EXS 320: Patient Assessment	3
EXS 489* (WI): EXS Research Methods	3	PSY 333*: Developmental PSY	3
EXS 490*: Independent Study in EXS	3	PSY 421*: Abnormal PSY	3
EXS 525: Seminar in Exercise Science	1		

Exercise Science Major – Suggested Course Sequencing

Exercise Science- General

Fall – 1		Spring – 1	
EXS 100	3	BIO 111/113	4
EXS 111	3	MAT 121 or 135 (GEMA)	3
CPN 100 or 102 (GEC1)	3	CPN 101 or 103 (GEC2)	3
CHEM 227/277 (GENS)	4	CHEM 228/278	4
GEUS	3		
Total	16	Total	14
Fall -2		Spring – 2	
BIO 301 w/ lab	4	BIO 302 w/ lab	4
EXS 290 (GEDI)	3	EXS 201 GEMA	3
COM 210 (GEC2)	3	EXS 250	3
PSY 101 (GESS)	3	EXS Elective	3
GEWH	3	GEAR	3
Total	16	Total	16
Fall – 3		Spring – 3	
EXS 310 (WI)	3	EXS 397 w/ lab	3
EXS 380 w/ lab	3	EXS 346 or 367	3
EXS 387 w/ lab	3	GEWL*	3
GEHU	3	EXS Elective	3
Free Elective	3	Free Elective	3
Total	15	Total	15
Fall – 4		Spring – 4	
PHY 105 w/ lab	4	PHY 106 w/ lab	4
WI #2	3	GEST	3
EXS Elective	3	EXS Elective	3
Free elective	3	Free Elective	3
Free Elective	2		
Total	15	Total	13

*if not fulfilled in high school

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Exercise Science- Physical Therapy Concentration

Fall – 1		Spring – 1	
EXS 100	3	BIO 111/113	4
EXS 111	3	MAT 121 or 135 (GEMA)	3
CPN 100 or 102 (GEC1)	3	CPN 101 or 103 (GEC2)	3
CHEM 227/277 (GENS)	4	CHEM 222 w/ lab	4
GEHU	3		
Total	16	Total	14
Fall – 2		Spring – 2	
BIO 301 w/ lab	4	BIO 302 w/ lab	4
EXS 290 (GEDI)	3	EXS 250	3
COM 210 (GEC2)	3	EXS 380 w/ lab	3
BIO 110	4	PSY 101 (GESS)	3
GEWH	3	EXS 300	1
Total	17	Total	14
Fall – 3		Spring – 3	
EXS 387 w/ lab	3	EXS 201 GEMA	3
EXS 310 (WI)	3	EXS 370	1-3
EXS 344	3	EXS Elective	3
EXS 346 or 367	3	GEWL*	3
GEAR	3	GEUS	3
Total	15	Total	13-15
Fall – 4		Spring – 4	
PHY 105 w/ lab	4	PHY 106 w/ lab	4
EXS 320	3	EXS 397 w/lab	3
PSY 333 or 421	3	WI #2	3
GEST	3	EXS Elective	3
EXS Elective	3	EXS Elective	3
Total	16	Total	16

*if not fulfilled in high school

121-123

Exercise Science- Occupational Therapy Concentration

Fall – 1		Spring – 1	
EXS 100	3	BIO 111/113	4
EXS 111	3	MAT 121 or 135 (GEMA)	3
CPN 100 or 102 (GEC1)	3	CPN 101 or 103 (GEC2)	3
CHEM 227/277 (GENS)	4	CHEM 228/278 w/ lab	4
GEUS	3		
Total	16	Total	14
Fall -2		Spring – 2	
BIO 301 w/ lab	4	BIO 302 w/ lab	4
EXS 290 (GEDI)	3	EXS 250	3
COM 210 (GEC2)	3	EXS 380 w/ lab	3
PSY 101 (GESS)	3	EXS 300	1
GEWH	3	GEAR	3
Total	16	Total	14
Fall – 3		Spring – 3	
PHY 105 w/ lab	4	PHY 106 w/ lab	4
EXS 310 (WI)	3	EXS 201 GEMA	3
EXS 346 or 367	3	EXS 344	3
EXS 320	3	EXS 370	1-3
GEHU	3	EXS Elective	3
Total	16	Total	14-16
Fall – 4		Spring – 4	
EXS 387 w/ lab	3	WI #2	3
PSY 333	3	EXS 397 w/ lab	3
EXS Elective	3	PSY 421	3
EXS Elective	3	EXS Elective	3
GEST	3	GEWL*	3
Total	15	Total	15

*if not fulfilled in high school

120-122

Exercise Science- Athletic Training Concentration

Fall – 1		Spring – 1	
EXS 100	3	BIO 111/113	4
EXS 111	3	MAT 121 or 135 (GEMA)	3
CPN 100 or 102 (GEC1)	3	CPN 101 or 103 (GEC2)	3
CHEM 227/277 (GENS)	4	CHEM 228/278 w/ lab	4
GEUS	3		
Total	16	Total	14
Fall – 2		Spring – 2	
BIO 301 w/ lab	4	BIO 302 w/ lab	4
EXS 250	3	EXS 290 (GEDI)	3
COM 210 (GEC2)	3	EXS 380 w/ lab	3
EXS Elective	3	PSY 101 (GESS)	3
GEWH	3	EXS 300	1
Total	16	Total	14
Fall – 3		Spring – 3	
PHY 105 w/ lab	4	PHY 106 w/ lab	4
EXS 310 (WI)	3	EXS 201 GEMA	3
EXS 344	3	EXS 320	3
EXS 346 or 367	3	EXS 370	1-3
GEAR	3	GEWL*	3
Total	16	Total	14-16
Fall – 4		Spring – 4	
EXS 387 w/ lab	3	WI #2	3
HLH 110	3	EXS 415	3
EXS Elective	3	EXS 397 w/ lab	3
GEHU	3	EXS Elective	3
GEST	3	EXS Elective	3
Total	15	Total	15

*if not fulfilled in high school

120-122