

# Exercise Science Major (EXSC)

## 2022 - 2023

Distribution of Courses	Hours	Distribution of Courses	Hours
<b>General Education and Liberal Arts</b>	<b>33-35</b>	<b>Free Electives</b>	<b>16-20</b>
CPN 100 & 101: Academic Writing I & 2 (GE10) <<OR>>	6	***** or *****	
CPN 102 & 103: Writing Studies in the Comm. (GE 10)	8	<b>Concentration Electives</b>	<b>20</b>
PSY 101: General Psychology (GE 3)	3	(If accepted into a concentration. See below.)	
COM 210: (GE PRES)	3		
Other General Education	21	<b>Writing Intensive</b>	<b>3</b>
		3 credits of WI must be taken in addition to EXS 310. These 3 credits can be within EXS electives, free electives, or GE credits.	
<b>Math and Science Requirements</b>	<b>28-29</b>		
MAT 121 or 135	3-4	<b>Total Hours Required for Graduation</b>	<b>120</b>
Statistics (EXS 201, PSY 201, MAT 201, COM 230, ECO 221) (GE 1)	3	See Suggested Course Sequencing sheet for all EXS major sequencing suggestions.	
BIO 301: Anatomy and Physiology I	3		
BIO 302: Anatomy and Physiology II	3	* Check prerequisites and restrictions for courses with an asterisk.	
CHE 227/277: (GE 2)	4		
CHE 228/278: Gen Chem II	4		
PHY 105 and 106 <<OR>> PHY 201 and 202	8		
<b>Exercise Science Theory Requirements</b>	<b>27</b>	<b>Concentration Electives</b>	
EXS 100: Intro to Kinesiology	3	<b>Pre-Physical Therapy Concentration</b>	<b>20</b>
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 (GE 11)	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	2
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		
<b>Exercise Science Electives (must choose 4)</b>	<b>12</b>	<b>Pre-Athletic Training Concentration</b>	<b>20</b>
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	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	<b>Pre-Occupational Therapy Concentration</b>	<b>20</b>
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	3
EXS 489* (WI): EXSC Research Methods	3	EXS 320: Patient Assessment	3
EXS 490*: Independent Study in EXSC	3	PSY 333*: Developmental PSY	3
EXS 525: Seminar in Exercise Science	3	PSY 421*: Abnormal PSY	3

## Exercise Science Major – Suggested Course Sequencing

Exercise Science- General			
<b>Fall – 1</b>		<b>Spring – 1</b>	
EXS 100	3	PSY 101 (GE 3)	3
EXS 111	3	MAT 121 or 135 (GE1)	3
CPN 100 or 102	3	CPN 101 or 103 (GE10)	3
CHEM 227/277 w/ lab (GE 2)	4	CHEM 228/278 w/ lab	4
GE 4	3	GE 6	3
<b>Total</b>	<b>16</b>	<b>Total</b>	<b>16</b>
<b>Fall -2</b>		<b>Spring – 2</b>	
BIO 301 w/ lab	3	BIO 302 w/ lab	3
EXS 290 (GE 11)	3	EXS 201 (Stats)	3
COM 210	3	EXS 250	3
GE 7	3	EXS Elective	3
Free Elective	3	GE 8	3
<b>Total</b>	<b>15</b>	<b>Total</b>	<b>15</b>
<b>Fall – 3</b>		<b>Spring – 3</b>	
EXS 310 (WI)	3	EXS 397 w/ lab	3
EXS 346 or 367	3	GE 9*	3
EXS 380 w/ lab	3	EXS Elective	3
EXS 387 w/ lab	3	Free Elective	3
Free Elective	3	Free Elective	3
<b>Total</b>	<b>15</b>	<b>Total</b>	<b>16</b>
<b>Fall – 4</b>		<b>Spring – 4</b>	
PHY 105 w/ lab	4	PHY 106 w/ lab	4
2 <sup>nd</sup> WI	3	GE 12	3
EXS Elective	3	EXS Elective	3
Free elective	3	Free Elective	3
Free Elective	1		
<b>Total</b>	<b>14</b>	<b>Total</b>	<b>13</b>

\*if not fulfilled in high school

Exercise Science- Occupational Therapy Concentration			
<b>Fall – 1</b>		<b>Spring – 1</b>	
EXS 100	3	PSY 101 (GE 3)	3
EXS 111	3	MATH 121 or 135 (GE1)	3
CPN 100 or 102	3	CPN 101 or 103 (GE10)	3
CHEM 227/277 w/ lab (GE 2)	4	CHEM 228/278 w/ lab	4
GE 4	3	GE 7	3
<b>Total</b>	<b>16</b>	<b>Total</b>	<b>16</b>
<b>Fall -2</b>		<b>Spring – 2</b>	
BIO 301 w/ lab	3	BIO 302 w/ lab	3
EXS2 90 (GE 11)	3	EXS 250	3
COM 210	3	EXS 380 w/ lab	3
GE 6	3	BIO 111/113	4
EXS Elective	3	GE 8	3
<b>Total</b>	<b>15</b>	<b>Total</b>	<b>16</b>
<b>Fall – 3</b>		<b>Spring – 3</b>	
PHY 105 w/ lab	4	PHY 106 w/ lab	4
EXS 310 (WI)	3	GE 9*	3
EXS 344 Med Term	3	EXS 201 (Stats)	3
EXS 300 Clin Pathways	1	EXS 370 Internship	3
EXS 346 or 367	3	PSY 333	3
<b>Total</b>	<b>14</b>	<b>Total</b>	<b>16</b>
<b>Fall – 4</b>		<b>Spring – 4</b>	
EXS 387 w/ lab	3	2 <sup>nd</sup> WI	3
PSY 421	3	EXS 397 w/ lab	3
EXS Elective	3	EXS Elective	3
GE 12	3	EXS Elective	3
EXS 320 Pt Assessment	3		
<b>Total</b>	<b>15</b>	<b>Total</b>	<b>12</b>

\*if not fulfilled in high school

Exercise Science- Physical Therapy Concentration			
<b>Fall – 1</b>		<b>Spring – 1</b>	
EXS 100	3	PSY 101 (GE 3)	3
EXS 111	3	MATH 121 or 135 (GE1)	3
CPN 100 or 102	3/4	CPN 101 or 103 (GE10)	3/4
CHEM 227/277 w/ lab (GE 2)	4	CHEM 228/278 w/ lab	4
GE 6	3	GE 7	3
<b>Total</b>	<b>16</b>	<b>Total</b>	<b>16</b>
<b>Fall – 2</b>		<b>Spring – 2</b>	
BIO 301 w/ lab	3	BIO 302 w/ lab	3
EXS 290 (GE 11)	3	EXS 250	3
COM 210	3	EXS 380 w/ lab	3
EXS Elective	3	BIO 111/113	4
BIO 110	4	GE 8	3
<b>Total</b>	<b>16</b>	<b>Total</b>	<b>16</b>
<b>Fall – 3</b>		<b>Spring – 3</b>	
EXS 387 w/ lab	3	EXS 370 Internship	2
EXS 310 (WI)	3	EXS 201 (Stats)	3
EXS 344 Med Term	3	GE 4	3
EXS 300 Clinical Pathways	1	GE 9*	3
EXS 346 or 367	3	EXS Elective	3
<b>Total</b>	<b>13</b>	<b>Total</b>	<b>14</b>
<b>Fall – 4</b>		<b>Spring – 4</b>	
PHY 105 w/ lab	4	PHY 106 w/ lab	4
EXS 320 Pt Assessment	3	EXS 397	3
PSY 333	3	2 <sup>nd</sup> WI	3
GE 12	3	EXS Elective	3
EXS Elective	3		
<b>Total</b>	<b>16</b>	<b>Total</b>	<b>13</b>

\*if not fulfilled in high school

Exercise Science- Athletic Training Concentration			
<b>Fall – 1</b>		<b>Spring – 1</b>	
EXS 100	3	PSY 101 (GE 3)	3
EXS 111	3	MATH 121 or 135 (GE1)	3
CPN 100 or 102	3	CPN 101 or 103 (GE10)	3
CHEM 227/277 w/ lab (GE 2)	4	CHEM 228/278 w/ lab	4
GE 4	3	GE 7	3
<b>Total</b>	<b>16</b>	<b>Total</b>	<b>16</b>
<b>Fall – 2</b>		<b>Spring – 2</b>	
BIO 301 w/ lab	3	BIO 302 w/ lab	3
EXS 290 (GE 11)	3	EXS 250	3
COM 210	3	EXS 380 w/ lab	3
GE 6	3	BIO 111/113	4
EXS Elective	3	GE 8	3
<b>Total</b>	<b>15</b>	<b>Total</b>	<b>16</b>
<b>Fall – 3</b>		<b>Spring – 3</b>	
PHY 105 w/ lab	4	PHY 106 w/ lab	4
EXS 310 (WI)	3	GE 9*	3
EXS 344 Med Term	3	EXS 201 (Stats)	3
EXS 300 Clin Pathways	1	EXS 320 Pt Assessment	3
EXS 346 or 367	3	EXS 370 Internship	3
<b>Total</b>	<b>14</b>	<b>Total</b>	<b>16</b>
<b>Fall – 4</b>		<b>Spring – 4</b>	
EXS 387 w/ lab	3	2 <sup>nd</sup> WI	3
EXS 415	3	HLH 110 or 203	3
EXS Elective	3	EXS 397 w/ lab	3
EXS Elective	3	EXS Elective	3
GE 12	3		
<b>Total</b>	<b>15</b>	<b>Total</b>	<b>12</b>

\*if not fulfilled in high school