Bachelor of Science in Exercise Science
Course Sequence

Freshman Year

First Semester				Second Semester			
	Course ID/Title	**CR**	**Core Comp.**		**Course ID/Title**	**CR**	**Core Comp.**
ENGL 131	English Composition I	3	WC	EXSC 210	Intro to Exercise Science	3	ID
PE 221	First Aid/Safety	2		FL	Foreign Language II	3	FL
FL	Foreign Language I	3	FL	ENGL 132/COMM 204	English Composition II or COMM 204	3	WC
PE 120	Total Wellness	3	WEL	FYE 102	Global and Critical Inquiry II	2	
FYE 101/WEL 101	Global and Critical Inquiry I	2	WEL	MATH 135	Algebra & Trig	4	
BIO 133/133L	Principles of Biology I/Lab	4	SCL	AHMS 210	Medical Terminology	2	
	Total Credits	**17**			**Total Credits**	**17**	

Sophomore Year

First Semester				Second Semester			
	Course ID/Title	**CR**	**Core Comp.**		**Course ID/Title**	**CR**	**Core Comp.**
WEL 201	Establishing Wellness	1	WEL	PE 241	Anatomy & Physiology	4	
PE 226	Care and Previous Athletic Injuries	3		CIS 240	Micro Computer Software App	3	TECH
CHEM 141	General Chemistry I	4	SCL	PHYS 243	Physics I	4	QL
LIS 150	Critical Writing Seminar	3	WC	HIST 225	African American History II	3	ID
MATH 231	Calculus I	4	QL	PE	PE Activity	1	WEL
HIST 224	African American History I	3	ID				
	Total Credits	**18**			**Total Credits**	**15**	

Junior Year

First Semester				Second Semester			
	Course ID/Title	**CR**	**Core Comp.**		**Course ID/Title**	**CR**	**Core Comp.**
WEL 301	Owning Wellness	1	WEL	EXSC 340	Grading Exercise Testing	3	CT
PSYCH 324	Intro to Statistics	3		PE 333	Kinesiology	3	
EXSC 310	Strength and Conditioning	2		EXSC 380	Biomechanics	3	QL
EXSC 320	Measurement and Eval. in Exercise Science	3	IC	PE	PE Activity	1	WEL
AHMS 310	Human Nutrition	3		AHMS 440	Medical Physiology	3	
EXSC 290	Leadership in Exercise and Wellness	3	SL	EXSC 370	Physiology of Exercise	3	TW
	Total Credits	**15**			**Total Credits**	**16**	

Senior Year

First Semester				Second Semester			
	Course ID/Title	**CR**	**Core Comp.**		**Course ID/Title**	**CR**	**Core Comp.**
WEL 401	Transitional Wellness	1	WEL	EXSC 450	Internship in Exercise Science	3	CAP
	Any Oral Communication	3	OC	EXSC 420	Epidemiology of Physical Activity	3	GP
EXSC 440	Practicum in Exercise Science	1			Any Art Literacy Course	3	AL
EXSC 400	Exercise Prescription	3	CE	PHIL	Any Philosophy Course	3	CT
AHMS 460	Clinical Pharmacology	3					
EXSC 430	Organization and Admin of Exercise Science	3	AW				
	Total Credits	**14**			**Total Credits**	**12**	

WC: Written Communication	OC: Oral Communication	**TOTAL DEGREE HOURS**	**124**
FL: Foreign Language & Sign Language	AW Advanced Writing		
CT: Critical Thinking	ID: Identify		
WEL: Wellness	SCL: Science with Lab		
QL: Math	TECH: Computer Technology		
CE: Civic Engagement	GP: Global Perspective		
SL: Servant Leadership	TW: Teamwork		
IC: Innovation & Creativity	AL: Artistic Literacy		
CAP: Capstone			