

Exercise Science

4-YEAR PLAN

This example four-year plan is provided as a broad framework that you can follow in order to complete your degree within four years. Be sure to always consult your academic advisor before registering for classes.

Y1	MATH203 Precalculus	3 •
	BIO205 Anatomy & Physiology 1	4 •
	WRT 101 Writing I	3 •
	FYS103/HON101 First Year Seminar/ Honors Colloquium	3 •
	BIO104 Foundations of Health Prof.	3 •
	BIO206 Anatomy & Physiology 2	• 4
	EXSC103 Ess. Skills & Tech for Exc. Sci. & Sport Prof.	• 3
	WRT102 Writing II	• 3
	SOC103 Equity and Intersectionality (KP)	• 3
EXSC107 Healthy Lifestyles & Human Behavior	• 3	
Y2	EXSC106 Functional Anat & Resistance Training	3 •
	PSYC101 Intro Psychology	3 •
	PHYS111 Physics 1	4 •
	HIST104 World Civ 2 (KP)	3 •
	Aesthetics (KP)	3 •
	EXSC222 Kinesiology	• 4
	MATH208 Statistics	• 3
	EXSC211 Principles of Personal Training	• 3
	MDSC203 Multidisciplinary Experience	• 3
Elective or Minor course	• 3	
Y3	EXSC209 Performance Nutrition	3 •
	EXSC302 Exercise Physiology	4 •
	PHIL302 Ethics	3 •
	BIO301 Pathophysiology	3 •
	EXSC405 Org & Admin of Health & Sports Programs	3 •
	EXSC304 Exercise Testing & Prescription	• 4
	EXSC305 Strength & Conditioning	• 4
	EXSC410 Internship/Field Experience	• 3
	PSYC2XX Psyc Elective	• 3
EXSC401 Professional Development Seminar	• 2	
Y4	EXSCXXX EXSC elective	3 •
	EXSC340 Research Concepts	3 •
	EXSC403 Exercise Prescr for Special Pops	3 •
	Elective, 5th year or Minor course	3 •
	Elective, 5th year or Minor course	3 •
	EXSC425 Internship/Field Experience	• 3
	EXSC430 Exercise Science Capstone	• 3
	Elective, 5th year or Minor course	• 3
	Elective, 5th year or Minor course	• 3
Elective, 5th year or Minor course	• 3	

TOTAL CREDITS: 123