

FRESHMAN

Freshman Fall (16 hrs.)			Cr.	Semester/Grade/Course ID	Freshman Spring (14 hrs.)			Cr.	Semester/Grade/Course ID
Common Core Requirements					Common Core Requirements				
BIBL 1013	Introduction to Christian Scripture	3			BIBL 1023	Christian Theology & Ethics	3		
ENGL 1153	English Composition: Exposition & Argument	3			ENGL 1163	English: Composition & Classical Literature	3		
MATH 1033	Contemporary Mathematics (or higher)	3			PHED 1001	The Wellness Lifestyle	1		
Major Requirements					Major Requirements				
EXSC 1013	Introduction to Exercise Science	3			EXSC 1733	Introduction to Nutrition	3		
EXSC 1534	Functional Human Anatomy	4			EXSC 1544	Functional Human Physiology	4		

SOPHOMORE

Sophomore Fall (15 hrs.)			Cr.	Semester/Grade/Course ID	Sophomore Spring (16 hrs.)			Cr.	Semester/Grade/Course ID
Common Core Requirements					Common Core Requirements				
ENGL 2013	European Civilization: Literature	3			ENGL 2023	Modern West: Literature	3		
HIST 2013	European Civilization: History	3			HIST 2023	Modern West: History	3		
Supportive Core Requirements					Supportive Core Requirements				
PSYC 1223 or SOCI 1223	Introduction to Psychology Introduction to Sociology	3			FNAR 2063 or PHIL 1043	Arts and Western Culture Introduction to Philosophy	3		
	World Language Course	3				World Language Course	3		
Major Requirements					Major Requirements				
EXSC 2353	Legal Issues in Exercise Science	3			EXSC 2201	Design/Teach Fitness Activities	1		
					EXSC 2723	Care and Prevention of Athletic Injuries	3		

JUNIOR

Junior Fall (13 hrs.)			Cr.	Semester/Grade/Course ID	Junior Spring (16 hrs.)			Cr.	Semester/Grade/Course ID
Supportive Core Requirements					Common Core Requirements				
BSAD 3003 or COMS 1093	Business Communication Introduction to Speech Communication	3				Laboratory Science Course	4		
POLI 1223	American National Government	3			Major Requirements				
Major Requirements					EXSC 3103	Motor Learning	3		
EXSC 3223	Sport and Exercise Psychology	3			EXSC 3553	Current Health Issues	3		
EXSC 3504	Exercise Testing and Prescription	4			EXSC 4089	Internship in Human Performance	3		
						Exercise Science Options	3		

SENIOR

Senior Fall (15 hrs.)			Cr.	Semester/Grade/Course ID	Senior Spring (15 hrs.)			Cr.	Semester/Grade/Course ID
Major Requirements					Major Requirements				
EXSC 3804	Exercise Physiology	4			EXSC 1101	First Aid/CPR	1		
	Exercise Science Options	6			EXSC 3403	Sport and Exercise Nutrition	3		
	Exercise Science Options or Electives	5			EXSC 4109	Exercise Science Professional Cert	2		
					EXSC 4183	Organization and Administration	3		
					EXSC 4804	Exercise Physiology II	4		
					EXSC 4909	Exercise Science Capstone	1		
						Exercise Science Options	1		

Exercise Science Options: Select 10 Hours

- BIOL 2354 Human Anatomy (spring)
- BIOL 2364 Human Physiology (fall)
- EXSC 2103 Inclusive Physical Activities (spring)
- EXSC 3053 Advanced Athletic Injury Management (fall)
- EXSC 4003 Therapeutic Modalities in Athletic Training (spring)
- EXSC 4013 Therapeutic Exercise in Athletic Training (fall)
- EXSC 4833 Biomechanics (spring)
- MATH 2003 Basic Statistics
- NURS 1153 Medical Terminology
- SAR 2252 Survey of Outdoor Recreation (fall)
- SAR 3103 Ethics in Sports (fall)
- SAR 3223 Psychology of Coaching (spring)
- SAR 3243 Leadership in Sports and Recreation (spring)
- SAR 3913 Advanced Coaching Pedagogy
- SAR 4403 Sport and Recreation Facility Design and Utilization (fall)