

# Exercise Science | 2018-2019

## FIRST YEAR

<u>Fall Semester</u>	<u>Credits</u>	<u>Spring Semester</u>	<u>Credits</u>
CHEM 23 or 31 General Chemistry	4	PSYS 001 General Psychology	3
RMS 157 Care and Prevention	3	BIO XXX (Pre-professional take BIOL 002 w/ lab)	3-4
NFS 043 Fundamentals of Nutrition	3	ENGS 001 Written Expression	3
NH 050 Applications to Health: Person to System	1	EXSC 150 Intro to Exercise Science	1
Elective and/or Sustainability Course	3	Electives and/or Sustainability Credits (Pre-professional take CHEM 26 or 32)	4-6
<i>Total Credits:</i>	<i>14</i>	<i>Total Credits:</i>	<i>15-16</i>

## SECOND YEAR

<u>Fall Semester</u>	<u>Credits</u>	<u>Spring Semester</u>	<u>Credits</u>
ANPS 019 Anatomy & Physiology	4	ANPS 20 Anatomy & Physiology	4
NFS 163 Sports Nutrition	3	RMS 175 Applied Kinesiology	3
STATS 111/141	3	PHYS 013 Conceptual Physics (Pre-professional take PHYS 11 fall sem. and PHYS 12 spring sem.)	3
EXSC 242 Exercise & Sport Psychology	3	Diversity 1 or 2 or Human/Behavioral Science Elective	3
Diversity 1 or Human/Behavioral Science Elective	3	RMS 220 Research 1	3
<i>Total Credits:</i>	<i>16</i>	<i>Total Credits:</i>	<i>16</i>

## THIRD YEAR

<u>Fall Semester</u>	<u>Credits</u>	<u>Spring Semester</u>	<u>Credits</u>
Elective or Human/Behavioral Science Elective	3	Elective or Sustainability Credits	3
Minor/Certificate Elective	3	EXSC 240 Motor Skill Learning & Control	3
EXSC 260 Adapted Physical Activity	3	NH 120 Health Care Ethics	3
RMS 213 Biomechanics of Human Movement	3	RMS 250 Exercise Physiology with RMS 252 lab	3-4
RMS 250 Exercise Physiology with RMS 252 lab <b>OR</b> Electives	3-4	<b>OR</b> Electives	
		EXSC 270 Senior Seminar	1
		Minor/Certificate Elective	3
<i>Total Credits:</i>	<i>15-16</i>	<i>Total Credits:</i>	<i>16-17</i>

## FOURTH YEAR

<u>Fall Semester</u>	<u>Credits</u>	<u>Spring Semester</u>	<u>Credits</u>
EXSC 245 Evaluation and Prescription	3	EXSC 264 Certified Exercise Physiologist <b>OR</b>	3
EXSC 263 Exercise in Chronic Conditions	3	EDPE 267 Strength Training & Conditioning	
EXSC 272 Senior Capstone or 6 credits of electives if 272 in Spring	1-6	RMS 295 Special Topics	3
RMS 295 Special Topics	3	EXSC 272 Senior Capstone or 6 credits of electives	1-6
		EXSC 268 Program Design	3
<i>Total Credits:</i>	<i>15</i>	<i>Total Credits:</i>	<i>15</i>

RMS 280 Senior Research Experience (Elective), 1-6 credits available as an elective under faculty mentor  
 6 credits of Human/Behavioral Science: any course with the abbreviation ANTH, HST, LANG, PHIL, POLS, PSYC, REL, SOC, THE  
 6 credits meeting diversity requirements must be taken prior to graduation (3 cr. D1 and 3 cr. D1 or D2)  
 3 credits of a sustainability course

(Revised 1/17/18)

Total Graduation Credits = 122