

**FIRST YEAR**

Fall Semester	Credits
NH 1500 App to Hlth: From Pers to Syst	1
HSCI 1100 Introduction to Public Health	3
EXSC 1650 Foundations Ex & Hlth Act	3
NFS 1043 Fundamentals of Nutrition	3
BIOL 1400 Principles of Biology	4
Catamount Core	3
<b>Total Credits</b>	<b>17</b>

Spring Semester	Credits
PSYS 1400 Intro to Psychological Science	3
EXSC 2200 EBP in Exercise Science	3
ENGL 1001 Written Expression	3
CHEM 1400 General Chemistry 1	4
Catamount Core	3
<b>Total Credits</b>	<b>16</b>

**SECOND YEAR**

Fall Semester	Credits
ANPS 1190 Ugr Hum Anatomy & Physiology	4
NFS 2163 Sports Nutrition	3
EXSC 2420 Exercise & Sport Psychology	3
Catamount Core (or CHEM 1450)	3-4
Catamount Core	3
<b>Total Credits</b>	<b>16-17</b>

Spring Semester	Credits
ANPS 1200 Ugr Hum Anatomy & Physiology	4
EXSC 2750 Applied Kinesiology	3
STAT 1110 QR: Elements of Statistics <b>or</b> STAT 1410 QR: Basic Statistical Methods	3
Catamount Core (or BIOL 1450)	3-4
Catamount Core	3
<b>Total Credits</b>	<b>16-17</b>

**THIRD YEAR**

Fall Semester	Credits
EXSC 3600 D2 Adapted Phys Activity	3
EXSC 3130 Biomechanics Human Movement	3
EXSC 3500 Exercise Physiology	3
EXSC 3501 Exercise Physiology Lab	1
Catamount Core	3
Free Elective	3
<b>Total Credits</b>	<b>16</b>

Spring Semester	Credits
EXSC 3450 Evaluation & Prescription	3
EXSC 3400 Motor Learning & Control	3
EXSC 3700 Exer Sci Prof Seminar	1
EXSC 3620 Human Perf & Ergo Aids	3
Catamount Core	3
Free Elective	3
<b>Total Credits</b>	<b>16</b>

**FOURTH YEAR**

Fall Semester	Credits
EXSC 3960 Human Perf & Conditioning <b>or</b> EXSC 3990 Special Topics	3
EXSC 3630 Exercise in Chronic Conditions	3
Clinical Exercise Physiology	3
Communicating Exercise Information	3
EXSC 4720 Senior Capstone Experience (taken in either semester)	1-3
<b>Total Credits</b>	<b>13-15</b>

Spring Semester	Credits
EXSC 3640 Cert Exercise Phys <b>or</b> EXSC 3670 Sci Strength Training & Conditioning	3
Lifestyle Medicine	3
EXSC 4720 Senior Capstone Experience (taken in either semester)	1-3
Free Elective	6
<b>Total Credits</b>	<b>13-15</b>

Minimum of 123 credits required for degree completion. This is an advising tool to help with schedule planning. Please refer to the [UVM Catalogue](#) for full Catamount Core and program requirements and the [CNHS Undergraduate Handbook](#) for academic policies.