EXERCISE SCIENCE B.S.   2025-2026

FIRST YEAR

Fall Semester	Credits
NH 1500 App to Hlth: From Pers to Syst	1
HSCI 1100 (S1) Introduction to Public Health	3
EXSC 2200 EBP in Exercise Science	3
NFS 1043 (N1) Fund of Nutrition	3
BIOL 1400 (N2) Principles of Biology	4
Catamount Core	3
Total Credits	**17**

Spring Semester	Credits
PSYS 1400 (S1) Intro to Psychological Science	3
EXSC 1650 Foundation Ex & Hlth	3
ENGL 1001 (WIL1) Written Expression	3
CHEM 1400 (N2, QD) General Chem	4
Catamount Core	3
Total Credits	**16**

SECOND YEAR

Fall Semester	Credits
ANPS 1190 Human Anatomy & Physiology	4
NFS 2163 Sports Nutrition	3
EXSC 2420 Exercise & Sport Psychology	3
Catamount Core (or CHEM 1450)	3-4
Catamount Core	3
Total Credits	**16-17**

Spring Semester	Credits
ANPS 1200 Human Anatomy & Physiology	4
EXSC 2750 Applied Kinesiology	3
STAT 1110: Elements of Statistics **or** STAT 1410: Basic Statistical Methods	3
Catamount Core (or BIOL 1450)	3-4
Catamount Core	3
Total Credits	**16-17**

THIRD YEAR

Fall Semester	Credits
EXSC 3600 (D2) Adapted Phys Act	3
EXSC 3130 Biomechanics of Human Movement	3
EXSC 3501 Exercise Physiology	3
EXSC 3501 Exercise Physiology Lab	1
Catamount Core	3
Elective	3
Total Credits	**16**

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
Elective	3
Total Credits	**16**

FOURTH YEAR

Fall Semester	Credits
EXSC 3960 Human Perf & Conditioning **or** EXSC 3630 Ex in Chronic Conditions	3
Clinical Exercise Physiology	3
EXSC 4720 Senior Capstone Experience (taken in either semester)	1-3
EXSC 3XXX	3
Elective	3
Total Credits	**13-15**

Spring Semester	Credits
EXSC 3960 Human Perf & Conditioning **or** EXSC 3630 Ex in Chronic Conditions	3
EXSC 3640 Cert Exercise Phys **or** EDPE 3670 Sci Strength & Cond	3
Lifestyle Medicine	3
EXSC 4720 Senior Capstone Experience (taken in either semester)	1-3
EXSC 3XXX	3
Total Credits	**13-15**

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.