

FIRST YEAR

<u>Fall Semester</u>	<u>Credits</u>	<u>Spring Semester</u>	<u>Credits</u>
NH 1500 App to Hlth from Pers to Syst	1	PSYS 1400 S1 Intro to Psychological Sci	3
HSCI 1100 S1 Intro to Public Health	3	EXSC 1650 Foundations Ex & Hlth Act	3
EXSC 2200 EBP in Exercise Science	3	ENGL 1001 WIL1 Written Expression	3
NFS 1043 N1 Fundamentals of Nutrition	3	CHEM 1400 N2,QD General Chemistry 1	4
BIOL 1400 N2 Principles of Biology	4	Catamount Core	3
Catamount Core	3		
Total Credits:	17	Total Credits:	16

SECOND YEAR

<u>Fall Semester</u>	<u>Credits</u>	<u>Spring Semester</u>	<u>Credits</u>
ANPS 1190 Human Anatomy & Phys I	4	ANPS 1200 Human Anatomy & Phys II	4
NFS 2163 Sports Nutrition	3	EXSC 2750 Applied Kinesiology	3
EXSC 2420 Exercise & Sport Psychology	3	STAT 1110 QD Elements of Statistics	3
Catamount Core (or CHEM 1450)	3-4	or STAT 1410 QD Basic Stat Methods	3
Catamount Core	3	Catamount Core (or BIOL 1450)	3-4
		Catamount Core	3
Total Credits:	16-17	Total Credits:	16-17

THIRD YEAR

<u>Fall Semester</u>	<u>Credits</u>	<u>Spring Semester</u>	<u>Credits</u>
EXSC 3600 D2 Adapted Phys Activity	3	EXSC 3450 Evaluation & Prescription	3
EXSC 3130 Biomechan Human Movement	3	EXSC 3400 Motor Learning & Control	3
EXSC 3500 Exercise Physiology	3	EXSC 3620 Human Perf & Ergo Aids	3
EXSC 3501 Exercise Physiology Lab	1	Catamount Core	3
EXSC 3700 Exer Sci Prof Seminar	1	Elective	3
Catamount Core	3		
Total Credits:	14	Total Credits:	15

FOURTH YEAR

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

Minimum of 120 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.