

## FIRST YEAR

Fall Semester	Credits
NH 050 App to Hlth: From Pers to Syst	1
HSCI 021 Intro Public Health	3
RMS 157 Prevention & Care Athletic Inj	3
NFS 043 Fundamentals of Nutrition	3
Gen Ed/Minor/Cert Elective	3
<b>Total Credits</b>	<b>13</b>

Spring Semester	Credits
PSYS 001 Intro to Psychological Science	3
BIOL (any 3-credit Biology course) <sup>1</sup>	3-4
ENGS 001 FW: Written Expression	3
EXSC 150 Intro to Exercise Science	1
CHEM 031 General Chemistry	4
<b>Total Credits</b>	<b>14-15</b>

## SECOND YEAR

Fall Semester	Credits
ANPS 019 Ugr Hum Anatomy & Physiology	4
NH 163 Sports Nutrition	3
STAT 111 QR: Elements of Statistics or STAT 141 QR: Basic Statistical Methods I	3
EXSC 242 Exercise and Sport Psychology	3
Gen Ed/Minor/Cert Elective	3
<b>Total Credits</b>	<b>16</b>

Spring Semester	Credits
ANPS 020 Ugr Hum Anatomy & Physiology	4
EXSC 175 Applied Kinesiology	3
RMS 220 Research Methods I	3
NH 120 Health Care Ethics	3
Gen Ed/Minor/Cert Elective	3
<b>Total Credits</b>	<b>16</b>

## THIRD YEAR

Fall Semester	Credits
EXSC 260 Adapted Physical Activity	3
RMS 213 Biomechanics of Human Movement	3
EXSC 250 Exercise Physiology	3
EXSC 252 Exercise Physiology Lab	1
Gen Ed/Minor/Cert Elective	6
<b>Total Credits</b>	<b>15-16</b>

Spring Semester	Credits
EXSC 240 Motor Skill Learning & Control	3
EXSC 250 Exsc Phys or Elective	3
EXSC 252 Exercise Physiology Lab (if 250)	1
EXSC 270 Professional Seminar	1
HSCI 130 Health Promotion	3
Gen Ed/Minor/Cert Elective	6
<b>Total Credits</b>	<b>16-17</b>

## FOURTH YEAR

Fall Semester	Credits
EXSC 296 Advanced Special Topics (Applied Exercise Science Seminar)	3
EXSC 263 Exercise in Chronic Conditions	3
EXSC 245 Evaluation & Prescription	3
Choose one of the following:	6
EXSC 272 Senior Capstone Experience (taken in either semester)	
Electives (taken in semester not taking EXSC 272)	
<b>Total Credits</b>	<b>15</b>

Spring Semester	Credits
EXSC 264 Certified Exsc Physiologist or EDPE 267 Sci Strength Training&Condtnng	3
EXSC 262 Human Perf & Ergogenic Aids	3
Choose one of the following:	6
EXSC 272 Senior Capstone Experience (taken in either semester)	
Electives (taken in semester not taking EXSC 272)	
<b>Total Credits</b>	<b>15</b>

NOTES: <sup>1</sup>Pre-health take BIOL 002 w/lab. Six credits of Human/Behavioral Science required (any course with abbrev. ANTH, HST, LANG, PHIL, POLS, PSYS, REL, SOC, THE). Six credits meeting diversity requirements must be taken prior to graduation. Must meet 3-credit sustainability requirement prior to graduation. Minimum 121 credits required for degree completion.