

FIRST YEAR

Fall Semester	Credits
NH 050 App to Hlth: From Pers to Syst	1
HSCI 021 Introduction to Public Health	3
EXSC 065 Foundations Ex & Hlth Act Pop	3
NFS 043 Fundamentals of Nutrition	3
Gen Ed/Minor/Cert Elective	3
Total Credits	13

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

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
Total Credits	16

Spring Semester	Credits
ANPS 020 Ugr Hum Anatomy & Physiology	4
EXSC 175 Applied Kinesiology	3
EXSC 220 EBP in Exercise Science	3
NH 120 Health Care Ethics	3
Gen Ed/Minor/Cert Elective	3
Total Credits	16

THIRD YEAR

Fall Semester	Credits
EXSC 260 Adapted Physical Activity	3
EXSC 213 Biomechanics of Human Movement	3
EXSC 250 Exercise Physiology (or Elective)	3
EXSC 252 Exercise Physiology Lab	1
Gen Ed/Minor/Cert Elective	6
Total Credits	16

Spring Semester	Credits
EXSC 250 Exercise Physiology (or Elective)	3
EXSC 252 Exercise Physiology Lab (if taking 250)	1
EXSC 240 Motor Skill Learning & Control	3
EXSC 270 Exer Sci Professional Seminar	1
HSCI 130 Health Promotion	3
Gen Ed/Minor/Cert Elective	6
Total Credits	17

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)	
Total Credits	15

Spring Semester	Credits
EXSC 296 Adv Spcl Topics (Current Topics in Physical Activity)	3
EXSC 264 Cert Exsc Phys or EDPE 267 Sci Strength Trnng&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)	
Total Credits	15

NOTES: ¹Pre-professional take BIOL 002 w/lab. Six credits of Humanities/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 120 credits required for degree completion.