

EXERCISE SCIENCE B.S.

2018-2019 & 2019-2020

FIRST YEAR

Fall Semester	Credits
NH 050 App to Hlth: From Pers to Syst	1
CHEM 023 Outline of General Chemistiry or CHEM 031 General Chemistry I	4
RMS 157 Prevention & Care Athletic Inj	3
NFS 043 Fundamentals of Nutrition	3
Gen Ed/Minor/Cert Elective	3
Total Credits	14

Spring Semester	Credits
PSYS001 Intro to Psychological Science	3
BIOL (any 3-credit Biology course) ¹	3
ENGS001 FW: Written Expression	3
EXSC 150 Intro to Exercise Science	1
Gen Ed/Minor/Cert Elective (Pre-professional take CHEM 026 or 032)	3
Total Credits	13

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
RMS 175 Applied Kinesiology	3
RMS 220 Research Methods I	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
RMS 213 Biomechanics of Human Movement	3
RMS 250 Exercise Physiology or Electives	3
RMS 252 Exercise Physiology Lab (if 250)	1
Gen Ed/Minor/Cert Elective	6
Total Credits	16

Spring Semester	Credits
EXSC 240 Motor Skill Learning & Control	3
EXSC 270 Exer Sci Professional Seminar	1
RMS 250 Exercise Physiology or Electives	3
RMS 252 Exercise Physiology Lab (if 250)	
HSCI 130 Health Promotion	3
Elective/Distribution/Minor/Diversity ²	6
Total Credits	16

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) or Electives	
Total Credits	15

Spring Semester	Credits
EXSC 264 Certified Exerc 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) or Electives	
EXSC 296 Advanced Special Topics (Current Topics in Physical Activity)	3
Total Credits	15

NOTES: ¹Pre-professional 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.