# Exercise Science B.S. 2019-2020

## First Year

<table>
<thead>
<tr>
<th>Semester</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall</td>
<td>NH 050 App to Hlth: From Pers to Syst</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>CHEM 023 Outline of General Chemistry or CHEM 031 General Chemistry I</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>RMS 157 Prevention &amp; Care Athletic Inj</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>NFS 043 Fundamentals of Nutrition</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Gen Ed/Minor/Cert Elective</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td><strong>Total Credits</strong></td>
<td><strong>14</strong></td>
</tr>
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## Second Year

<table>
<thead>
<tr>
<th>Semester</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall</td>
<td>ANPS 019 Ugr Hum Anatomy &amp; Physiology</td>
<td>4</td>
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<tr>
<td></td>
<td>NH 163 Sports Nutrition</td>
<td>3</td>
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<tr>
<td></td>
<td>STAT 111 QR: Elements of Statistics or STAT 141 QR: Basic Statistical Methods I</td>
<td>3</td>
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<tr>
<td></td>
<td>EXSC 242 Exercise and Sport Psychology</td>
<td>3</td>
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<tr>
<td></td>
<td>Gen Ed/Minor/Cert Elective</td>
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<tr>
<td></td>
<td><strong>Total Credits</strong></td>
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## Third Year

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<thead>
<tr>
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<th>Course Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>Fall</td>
<td>EXSC 260 Adapted Physical Activity</td>
<td>3</td>
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<tr>
<td></td>
<td>RMS 213 Biomechanics of Human Movement</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>RMS 250 Exercise Physiology</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>RMS 252 Exercise Physiology Lab</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Gen Ed/Minor/Cert Elective</td>
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<td><strong>Total Credits</strong></td>
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## Fourth Year

<table>
<thead>
<tr>
<th>Semester</th>
<th>Course Title</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>Fall</td>
<td>EXSC 296 Advanced Special Topics (Applied Exercise Science Seminar)</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>EXSC 296 Advanced Special Topics (Current Topics in Physical Activity)</td>
<td>3</td>
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<tr>
<td></td>
<td>Choose one of the following:</td>
<td>6</td>
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<tr>
<td></td>
<td>EXSC 272 Senior Capstone Experience (taken in either semester)</td>
<td></td>
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<tr>
<td></td>
<td>Electives (taken in semester not taking EXSC 272)</td>
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<td></td>
<td><strong>Total Credits</strong></td>
<td><strong>15</strong></td>
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## Spring Semester

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>PSYS 001 Intro to Psychological Science</td>
<td>3</td>
</tr>
<tr>
<td>BIOL (any 3-credit Biology course)¹</td>
<td>3</td>
</tr>
<tr>
<td>ENGS 001 FW: Written Expression</td>
<td>3</td>
</tr>
<tr>
<td>EXSC 150 Intro to Exercise Science</td>
<td>1</td>
</tr>
<tr>
<td>Gen Ed/Minor/Cert Elective (Pre-professional take CHEM 026 or 032)</td>
<td>3</td>
</tr>
<tr>
<td><strong>Total Credits</strong></td>
<td><strong>13</strong></td>
</tr>
</tbody>
</table>

## Notes:
1. Pre-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.