



**METROPOLITAN STATE UNIVERSITY<sup>SM</sup>**  
**OF DENVER**  
**College of Professional Studies**

Exercise Science B.S.  
 Minor (required)  
 Fall 2018 catalog year

First Year	
Fall: 16 Credits	HPS 2060 (3) Emergency Rescue/First Responder & CPR <b>(F, S, Su)</b>
	BIO 1080 (3) General Biology I <b>AND</b>
	BIO 1090 (1) General Biology I Lab
	NUT 2040 (3) Introduction to Nutrition
	Written Communication (3)
Quantitative Literacy (3)	
Spring: 16 Credits	EXS 1640 (3) Physical Fitness Techniques and Programs <b>(F, S, Su)</b>
	BIO 2310 (4) Human Anatomy and Physiology I
	Written Communication (3)
	Oral Communication (3)
	Arts & Humanities (3)

Second Year	
Fall: 16 Credits	EXS 1020 (3) Resistance Training Techniques <b>(F, S, Su)</b>
	HPS 3300 (3) Anatomical Kinesiology <b>(F, S, Su)</b>
	BIO 2320 (4) Human Anatomy and Physiology II
	Historical (3) GD recommended
	Arts & Humanities (3)
Spring: 17 Credits	ATP 1623 (3) Prevention and Care of Athletic Injuries <b>(F, S, Su)</b>
	EXS 3841 (2) Comparative Fitness Programs <b>(F, S, Su)</b>
	HPS 1440 (3) Skills & Mthds of Teach. Stress Manag. <b>(F, S, Su) OR</b>
	EXS 2890 (3) Personal Training: Concepts & Applications <b>(F, S) OR</b>
	EXS 4650 (3) Exercise Electrocardiography <b>OR</b>
	EXS 4772 (3) Performance Enhancement Specialist
	HPS 3340 (3) Physiology of Exercise <b>(F, S, Su)</b>
	PSY 1001 (3) Introductory Psychology
Minor (3)	

Third Year	
Fall: 15 Credits	EXS 3780 (2) Fitness Programs for Special Populations <b>(F, S, Su)</b>
	EXS 4680 (4) Advanced Fitness Assessment and Exercise Perscription <b>(F, S)</b>
	Social and Behavioral Sciences I (3) MC recommended
	Minor (3)
Minor (3)	
Spring: 15 Credits	EXS 3790 (3) Fitness Programming for Children, Adolescents and Older Adults <b>(F, S, Su)</b>
	EXS 4780 (3) Community Fitness Testing & Program Planning <b>(F, S)</b>
	Elective (3)
	Minor (3)
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Fourth Year	
Fall: 15 Credits	HPS 4660 (3) Legal Liability for Physical Educators, Coaches, & Administrators <b>(F, S)</b>
	Minor (3)
	Elective (3)
	Elective (3)
Elective (3)	
Spring: 10 Credits	EXS 4880 (10) Internship in Adult Fitness <b>(F, S, Su)</b>

\*A grade of C or better is required for all major and related coursework count towards the bachelor's degree.