



METROPOLITAN STATE UNIVERSITYSM
OF DENVER

College of Professional Studies

Exercise Science B.S.

Minor (required)

2020-2021 catalog year

First Year		
Fall: 16 Credits	EXS 1020 (3) Resistance Training Techniques (F,S)	
	BIO 1080 (3) General Biology I AND	
	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 (F, S, Su)	
	BIO 2310 (4) Human Anatomy and Physiology I	
	Written Communication (3)	
	Oral Communication (3)	
	ATP 1623 (3) Prevention and Care of Athletic Injuries (F, S, Su)	
Second Year		
Fall: 15 Credits	EXS 3780 (2) Fitness Programs for Special Populations (F, S, Su)	
	PSY 1001 (3) Introductory Psychology	
	BIO 2320 (4) Human Anatomy and Physiology II	
	Historical (3) GD recommended	
	Arts & Humanities (3)	
Spring: 16 Credits	Social and Behavioral Sciences (3) MC recommended	
	HPS 1440 (3) Skills & Mthds of Teach. Stress Manag. (F, S, Su) OR	
	EXS 2890 (3) Personal Training: Concepts & Applications (F, S) OR	
	EXS 4650 (3) Exercise Electrocardiography OR EXS 4772 (3)	
	Performance Enhancement Specialist	
	HPS 3340 (4) Physiology of Exercise (F, S, Su)	
Minor (3)		
Minor (3)		

Third Year		
Fall: 17 Credits	HPS 2060 (3) Emergency Rescue/ First Responder & CPR (F,S,Su)	
	HPS 3300 (3) Anatomical Kinesiology (F, S, Su)	
	Arts & Humanities (3)	
	EXS 3841 (2) Comparative Fitness Programs (F, S, Su)	
	Minor (3)	
	Minor (3)	
Spring: 15 Credits	EXS 3790 (3) Fitness Programming for Children, Adolescents and Older Adults (F, S, Su)	
	EXS 4680 (4) Advanced Fitness Assessment and Exercise Prescription (F, S)	
	Elective (2)	
	Minor (3)	
	Minor (3)	
Fourth Year		
Fall: 15 Credits	HPS 4660 (3) Legal Liability for Physical Educators, Coaches, & Administrators (F, S)	
	EXS 4780 (3) Community Fitness Testing & Program Planning (F, S)	
	Elective (3)	
	Elective (3)	
	Elective (3)	
Spring: 10 Credits	EXS 4880 (10) Internship in Adult Fitness (F, S, Su)	
	*HPS 2060 is not required. It is a highly suggested elective * Do not need HPS 2060 if currently CPR certified (expires within 2-3 years) *EXS 4780/4880 require CPR Certification	

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