



METROPOLITAN STATE UNIVERSITY
OF DENVER
College of Professional Studies

Exercise Science B.S.
 Minor (required)
 Fall 2017 catalog year

First Year	
Fall: 16 Credits	HPS 2060 (3) Emergency Rescue/First Responder & CPR (F, S, Su)
	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)
	Arts & Humanities (3)

Third Year	
Fall: 15 Credits	EXS 3780 (2) Fitness Programs for Special Populations (F, S, Su)
	EXS 4680 (4) Advanced Fitness Assessment and Exercise Prescription (F, S)
	PSY 2410 (3) Social Psychology
	Minor (3)
	Minor (3)
Spring: 15 Credits	EXS 3790 (3) Fitness Programming for Children, Adolescents and Older Adults (F, S, Su)
	EXS 4780 (3) Community Fitness Testing & Program Planning (F, S)
	Social and Behavioral Sciences I (3) MC recommended
	Minor (3)
	Minor (3)

Second Year	
Fall: 16 Credits	EXS 1020 (3) Resistance Training Techniques (F, S, Su)
	HPS 3300 (3) Anatomical Kinesiology (F, S, Su)
	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 (F, S, Su)
	EXS 3841 (2) Comparative Fitness Programs (F, S, Su)
	HPS 1440 (3) Skills & Mthds of Teach. Stress Manag. (F, S, Su) OR EXS 2890 (3) Personal Training: Concepts & App. (F, S) OR EXS 4650 (3) Exercise Electrocardiography OR EXS 4772 (3) Performance Enhancement Specialist
	HPS 3340 (3) Physiology of Exercise (F, S, Su)
	PSY 1001 (3) Introductory Psychology
	Minor (3)

Fourth Year	
Fall: 15 Credits	HPS 4660 (3) Legal Liability for Physical Educators, Coaches, & Administrators (F, S)
	Minor (3)
	Elective (3)
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Spring: 10 Credits	EXS 4880 (10) Internship in Adult Fitness (F, S, Su)

*A grade of C or better is required for each course in this program to count towards the bachelor's degree.