



COLLEGE OF HEALTH AND APPLIED SCIENCES

Exercise Science B.S.

Minor (not required, but may be encouraged. See advisor to discuss)

2023-2024 catalog year

First Year		
Fall: 16 Credits	Quantitative Literacy (3-4) MTH 1210 Recommended*	
	Natural & Physical Sciences (4) BIO 1080 and BIO 1090: General Biology I Recommended**	
	Written Communication (3)	
	EXS 1020 (3) Resistance Training Techniques	
	ESS 1623 (3) Introductory Sports Medicine Concepts	
Spring: 16 Credits	Natural & Physical Sciences (3) NUT 2040 (3) Introduction to Nutrition Recommended**	
	Written Communication (3)	
	Oral Communication (3)	
	BIO 2310 (4): Human Anatomy and Physiology I	
	EXS 1640 (3) Physical Fitness Techniques and Programs	
Second Year		
Fall: 16 Credits	Social & Behavioral Sciences (3) See catalog for recommended courses	
	Historical (3) Global Diversity recommended	
	Arts & Humanities (3)	
	BIO 2320 (4) Human Anatomy and Physiology II	
	EXS 2680 (3) Group Exercise Leadership	
Spring: 16 Credits	Social and Behavioral Sciences (3) ESSJ recommended	
	ESS 3110 (3) Medical Topics and Injury/Illness Pathophysiology for Exercise Science	
	ESS 3340 (4) Physiology of Exercise	
	Major Elective (3)	
	Unrestricted Elective (3)	

Third Year		
Fall: 15 Credits	Arts & Humanities (3)	
	NUT 3200 (3) Nutrition and Sports Performance	
	ESS 3300 (3) Anatomical Kinesiology	
	EXS 3841 (3) Comparative Fitness Programs	
	Major Elective (3)	
Spring: 16 Credits	ESS 4660 (3) Legal Liability for Physical Educators, Coaches, & Administrators	
	EXS 4680 (4) Advanced Fitness Assessment and Exercise Prescription	
	Major Elective (3)	
	Unrestricted Elective (3)	
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Fourth Year		
Fall: 15 Credits	EXS 4780 (3) Community Fitness Testing & Program Planning	
	EXS 4790 (3) Special Considerations for Exercise Assessment and Prescription	
	EXS 4650 (3) Exercise Electrocardiography OR	
	EXS 4772 (3) Advanced Strength and Conditioning (Spring only)	
	Major Elective (3)	
	Unrestricted Elective (3)	
Spring: 10 Credits	EXS 4880 (10) Internship in Adult Fitness	
	*A grade of C or better is required for all major and related coursework to count towards degree.	

** Courses can count as both General Studies and as Major required.