



First Year	
Fall: 16 Credits	EXS 1020 (3) Resistance Training Techniques (F,S,Su)
	Natural & Physical Sciences (4) BIO 1080 and BIO 1090: General Biology I Recommended**
	NUT 2040 (3) Introduction to Nutrition
	Written Communication (3)
	Quantitative Literacy (3-4) MTH 1210 Recommended*
Spring: 16 Credits	EXS 1640 (3) Physical Fitness Techniques and Programs (F, S, Su)
	Natural & Physical Sciences (4) BIO 2310: Human Anatomy and Physiology I Recommended**
	Written Communication (3)
	Oral Communication (3)
	HPS 1623 (3) Introductory Sports Medicine Concepts (F, S)
Second Year	
Fall: 15 Credits	EXS 3780 (2) Fitness Programs for Special Populations (F, S, Su)
	Social & Behavioral Sciences (3) PSY 1001: Introductory Psychology Recommended**
	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)
Unrestricted Elective (3)	
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Third Year	
Fall: 17 Credits	Major Elective (3) HPS 2060 (3) Emergency Rescue/ First Responder & CPR Recommended
	HPS 3300 (3) Anatomical Kinesiology (F, S, Su)
	Arts & Humanities (3)
	EXS 3841 (2) Comparative Fitness Programs (F, S, Su)
	Unrestricted Elective (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)
	Major Elective (2)
	Unrestricted Elective (3)
	Unrestricted Elective (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)
	Major Elective (3)
	Major Elective (3)
	Unrestricted Elective (3)
Spring: 10 Credits	EXS 4880 (10) Internship in Adult Fitness (F, S, Su)
	<ul style="list-style-type: none"> *HPS 2060 is not required, it is a suggested elective. The major requires 11 credit hours of electives. * 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

** Courses serve as pre-requisites to the major. Students who do not take the recommended courses in their General Studies will be required to take them as pre-requisites for the major.