

# Exercise Science: General

## Bachelor of Science (BS)

This degree map is based on the current Academic Catalog and is subject to change. Please note that the degree map is designed to give you a sense of roughly how courses might be distributed over a 4-year degree. Your exact schedule will differ depending on a range of factors though we recommend taking a minimum of 15 credits each fall and spring semester. Regular consultation with your academic advisor is the best way to make sure that you are taking the courses you need in the right order to ensure efficient progress through your degree program.

### Sample 4-Year Plan

First Year			
Fall Courses	Credits	Spring Courses	Credits
EXER161 Intro to Health and Exercise Science	3	EXER294 Resistance Training Techniques	3
HLSC115/BIOL180 Human Anatomy & Physiology 1	4	HLSC120/BIOL181 Human Anatomy and Physiology 2	4
FYS100 First Year Seminar	3	STAT141 Introduction to Statistics	3
WRIT103 Foundations in Composition	3	General Education	6
General Education	3		
Semester Total	16	Semester Total	16

Second Year			
Fall Courses	Credits	Spring Courses	Credits
EXER306 Psychology of Sport and Exercise	3	EXER295 Tests and Assessments	3
HLSC108/BIOL108 Medical Terminology for Health Science	3	EXER360 Sport Nutrition	3
PHYS208 Introductory Physics 1	4	General Education / Elective	9
General Education	6		
Semester Total	16	Semester Total	15

Third Year			
Fall Courses	Credits	Spring Courses	Credits
EXER351 Biomechanics	3	EXER380 Research in Health and Exercise Science	3
EXER378 Exercise Physiology	3	EXER478 Advanced Exercise Physiology	3
General Education	3	Elective	9
Elective	6		
Semester Total	15	Semester Total	15

Fourth Year			
Fall Courses	Credits	Spring Courses	Credits
EXER261 First Aid and Safety	3	EXER498 Exercise Science Internship	6
EXER453 Clinical Exercise Physiology	3	Elective	6
EXER477 Exercise Testing and Prescription	3		
Elective	6		
Semester Total	15	Semester Total	12

### Winter/Summer College - Optional

While not required, Winter and Summer sessions are offered each year and may help you stay on track or get ahead. You may take up to seven (7) credits during Winter College and up to 14 credits during Summer College.

## Curriculum Checklist

### Core Requirements (46 credits)

- \_\_\_ EXER161 Introduction to Health and Exercise Science (3)
- \_\_\_ EXER294 Resistance Training Techniques (3)
- \_\_\_ EXER295 Test and Assessments (3)
- \_\_\_ EXER306 Psychology of Sport and Exercise (3) \*
- \_\_\_ EXER351 Biomechanics (3) \*
- \_\_\_ EXER360 Sport Nutrition (3) \*
- \_\_\_ EXER378 Exercise Physiology (3) \*
- \_\_\_ EXER380 Research Methods in Health and Exercise Science (3) \*
- \_\_\_ EXER453 Clinical Exercise Physiology (3) \*
- \_\_\_ EXER477 Exercise Testing and Prescription (3) \*
- \_\_\_ EXER475 Advanced Exercise Physiology (3) \*
- \_\_\_ EXER498 Exercise Science Internship (6) \*
- \_\_\_ HLSC108/BIO108 Medical Terminology for Health Science (3)
- \_\_\_ HLSC120/BIO181 Human Anatomy and Physiology 2 (4)

### Exercise Science Major Elective (14 credits)

- \_\_\_ EXER255 Functional Anatomy (3)
- \_\_\_ EXER261 First Aid and Safety (3)
- \_\_\_ EXER282 Care and Prevention of Athletic Injuries (3)
- \_\_\_ EXER284 Aquatic Exercise Programming (3)
- \_\_\_ EXER285 Exercise and Mental Health (3)
- \_\_\_ EXER287 Intro to Coaching (3)
- \_\_\_ EXER304 Principles of Resistance Training (3) \*
- \_\_\_ EXER397 Exercise and Aging (3) \*
- \_\_\_ EXER411 ECG, Exercise Testing, and Cardiac Rehabilitation (3) \*
- \_\_\_ EXER413 Current Issues in Sport and Exercise (3) \*
- \_\_\_ HLSC406 Biomechanics of Injury (3) \*
- \_\_\_ HLSC407 Advanced Human Physiology & Mechanisms of Disease (4) \*
- \_\_\_ HLSC420 Rehabilitation Science (3) \*
- \_\_\_ HLSC451 Advanced Human Anatomy (3) \*

\*Denotes advanced coursework

Students must take a minimum of 42 credits of advanced coursework. Advanced coursework can be met in major courses, minor courses, free elective courses, and general education courses. Courses that meet this requirement are designated in Banner.

## General Education Requirements

### (45 credits minimum)

*Note: Some requirements may be fulfilled by coursework in your major program including directed Gen Ed courses noted below*

- Foundations (15 credits)
- Interconnections (9 credits)
- Citizenship & Responsibility (6 credits from at least two goals)
- Natural World & Technologies (9 credits)
  - HLSC115/BIO180: Human Anatomy and Physiology I (4)
  - PHSY208: Introductory Physics I (4)
- Creativity & Expression (6 credits)

## Degree Requirements

All students must obtain a minimum of 120 credits (a minimum of 42 credits must be advanced coursework), complete all General Education requirements, and all requirements for the selected major. Meet with your advisor and consult Degree Works to monitor your progress and for all graduation requirements.

*A minimum GPA of 2.0 in the major and overall are required.*

***ALL** required and elective major courses must be completed with a grade of C or better to be eligible for graduation.*