***FALL 2023 - Current***

**BACHELOR OF SCIENCE**

**EXERCISE SCIENCE/PRE-AT TRACK**

The Exercise Science program prepares to students to evaluate health behaviors, identify biomechanical risk factors, and develop a

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| **First Year** |
| **Fall** | **CR** | **Spring** | **CR** |
| FYE 150 First-Year Experience | 1 | COM Core Requirement | 3 |
| EXS 105 Foundations of Exercise Science | 3 | HIS Core Requirement | 3 |
| CHE 111 / 111L General Chemistry I w/ Lab | 4 | CHE 113/ 113L General Chemistry II w/ Lab | 4 |
| ENG 150 Literature, Writing, and Research | 3 | EXS 150 Science for Society – Health and Wellness | 4 |
| PSY 105 General Psychology | 3 | BIO102/102L General Biology II | 4 |
| BIO101/101L General Biology I | 4 |  |  |
| **Subtotal** | 18 | **Subtotal** | 18 |
| **Second Year** |
| **Fall** | **CR** | **Spring** | **CR** |
| EXS 250 Kinesiology | 3 | Language Core Requirement | 3 |
| BIO 112 / 112L Anatomy and Physiology I w/ lab | 4 | BIO 212 / 212L Anatomy Physiology II w/ Lab | 4 |
| EXS 220 Foundations of Sports Nutrition | 2 | EXS 224 Sports Nutrition | 3 |
| MAT 205 Statistics | 3 | Fine Art Core Requirement |  3 |
| THE core requirement | 3 | THE Core Requirement | 3 |
| PHI Philosophy Core Requirement | 1 |  |  |
| **Subtotal** | 16 | **Subtotal** | 16 |
| **Third Year** |
| **Fall** | **CR** | **Spring** | **CR** |
| EXS 350 Techniques in Strength and Conditioning | 3 | EXS 320 Biomechanics | 4 |
| PHY 121 / 121L Elements of Physics w/ Lab | 4 | EXS 330 Sports Pharmacology | 3 |
| ENG 200+ (Composition Core Requirement) | 3 | Outer Core Sequence 1 (or minor / 2nd major) | 3 |
| PHI214 Sports and Ethics | 3 | PHY122/122L Elements of Physics II w/Lab | 4 |
|  |  |  |  |
| **Subtotal** | 13 | **Subtotal** | 14 |
| **Fourth Year** |  |  |  |
| **Fall** | **CR** | **Spring** | **CR** |
| EXS 400 Special Topics in Exercise Science | 3 | EXS 460 Exercise Prescription | 3 |
| EXS 430 Exercise Physiology w/ Lab | 4 | EXS 480 Research Methods | 3 |
| EXS 490 Practicum I | 3 | EXS 491 Practicum II | 3 |
| Outer Core Sequence 2 (or minor/ 2nd major) | 3 | Outer Core Sequence 3 (or minor/ 2nd major) | 3 |
|  |  |  BIO207 Medical Terminology | 2 |
| **Subtotal** | 13 | **Subtotal** | 14 |
| **Total Credits: 122** |
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* For Athletic Training a minor in Psychology or Biology is recommended for the Outer Core Sequence.
* Students Must maintain a 2.75 and a “C” or better in all Pre-Requisite Courses for Athletic Training Admission.
* While it is recommended the BIO101/102 be taken in the student’s first year, it can be taken at any time, including their final year.