

Exercise Science Suggested Progression 2021-2022			
Freshman Year			
Fall Semester	Cr	Spring Semester	Cr
BIO 101 Biological Concepts and BIO 100 or BIO 221 Zoology	4	BIO 227/228 Human Anatomy and lab	4
EXS 100T Transitions	1	EXS 101 Introduction to EXS	3
MAT 140 College Algebra	4	MAT 145 Trigonometry	3
ENG 105 Critical Reading, Writing and Inquiry	4	PHI 202 Ethics	3
US Studies (US) Elective Global Awareness or COM 161	3	COM 161 Public Speaking or US Global Awareness	3
TOTAL	16	TOTAL	16
Sophomore Year			
Fall Semester	Cr	Spring Semester	Cr
BIO 229/230 Human Physiology	4	EXS 370 Kinesiology	3
EXS 275 Exercise Instruction	3	EXS 200 Scholarly Writing in EXS	2
STA 135 Intro to Prob. And Statistics	4	CHE 111 Essentials of Chem/Biochem or CHE 201 General College Chemistry	5
Restricted elective (advisor approved)	3-4	PSY 180 General Psychology	3
		Restricted elective (advisor approved)	3
TOTAL	14-15	TOTAL	16
Junior Year			
Fall Semester	Cr	Spring Semester	Cr
EXS 350/351 Exercise Physiology (3) and lab (2)	5	EXS 353/354 Exercise Testing lecture and lab	4
EXS 375 Biomechanics	3	EXS 301 Care and Prevention of Injuries	3
NTN 230 Nutrition	3	EXS 333 Strength and Conditioning	3
Restricted elective (advisor approved)	3-4	Restricted elective (advisor approved)	3-5
TOTAL	14-15	TOTAL	13-15
Senior Year			
Fall Semester	Cr	Spring Semester	Cr
EXS 385 Sport and Exercise Psychology	3	EXS 469 Professional Experience I	3
EXS 405 Exercise Prescription	3	EXS 445 Senior Seminar I	1
CIV 201 or 202 World Civilization	3	EXS 471 Organizational Management in Health Science	3
Restricted electives (advisor approved)	3	Restricted electives (advisor approved)	5-9
HUM 211 Hum. In the Modern World	3		
TOTAL	15	TOTAL	12-16