

Exercise Science Suggested Progression 2022-2023

Freshman Year			
Fall Semester	Cr	Spring Semester	Cr
BIO 101 Biological Concepts and BIO 100 or BIO 221 Zoology or BIO 216 Biological Inquiry and Analysis (US Scientific Inquiry and Methodologies)	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 (US Written Comm.)	4	US Cultural and Diverse Perspectives and Responsible Citizenship (e.g. PHI 202)	3
US Studies (US) Creative Perspectives or COM 161 Public Speaking (US Oral Comm.)	3	COM 161 Public Speaking (US Oral Comm.) or US Creative Perspectives	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 (US Quant Reasoning)	4	CHE 111 Essentials of Chem/Biochem or CHE 201 General College Chemistry (US Scientific Inquiry and Methodologies)	5
Restricted elective (advisor approved)	3-4	PSY 180 General Psychology (US Social and Behavioral Perspectives)	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 Functional 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)	3-6
TOTAL	14-15	TOTAL	13-16
Senior Year			
Fall Semester	Cr	Spring Semester	Cr
EXS 385 Exercise Counseling	3	EXS 469 Professional Experience I	3
EXS 405 Exercise Prescription	3	EXS 445 Senior Seminar I	1
US Historical Perspectives	3	EXS 471 Organizational Management in Health Science	3
Restricted electives (advisor approved)	3	Restricted electives (advisor approved)	9-12
US Literary and Philosophical Perspectives (e.g. HUM 211)	3		
TOTAL	15	TOTAL	variable

TOTAL hours: min. 120 hours

NOTES

Refer to the current Murray State University Academic Bulletin for specific details.

Total number of hrs must be ≥ 120 to earn a baccalaureate degree. Forty-two (42) hours must be earned in courses at the 300 level or above.

Students are encouraged to identify their expected career path during their freshman and sophomore years then closely review requirements for career fields and/or graduate programs in which they may pursue. This will assist the student and their faculty advisor in tailoring program coursework to meet the requirements of the professional program(s).

Program use only. Do not copy the information below

New university studies = 35 hours

Core = 56-58 (depending on math)

Restricted electives = 27-29 hours (8 hours must be upper level; restricted electives focus on graduate school prerequisites and/or career goals)