

Bachelor of Science in Exercise Science  
Program Planning Sheet

**Freshman Year**

Semester 1			Semester 2		
Course	Title	Credit Hours	Course	Title	Credit Hours
ENG 1013	ENGLISH COMPOSITION I	3	ENGL 1023	ENGLISH COMPOSITION II	3
MATH 1003 OR MATH 1043 OR MATH 1000 LEVEL OR ABOVE	QUANTITATIVE LITERACY OR COLLEGE ALGEBRA	3	HIST 2213 OR HIST 2223 OR PSCI 2213	AMERICAN HISTORY I OR AMERICAN HISTORY II OR AMERICAN NATIONAL GOVERNMENT	3
EXSC 1002	INTRODUCTION TO EXERCISE SCIENCE	2	EXSC 1012	CONCEPTS OF FITNESS	2
ART 1053 OR MUS 1113 OR FA 1013 OR FA 1023	ART APPRECIATION OR MUSIC APPRECIATION OR FINE ARTS APPRECIATION OR FILM APPRECIATION	3	PSY 1013	INTRO TO PSYCHOLOGY	3
BIOL 1063/1071 OR BIOL 2053/2041	BIOLOGICAL SCIENCE AND LAB or PRINCIPLES OF BIOLOGY AND LAB	4	CHEM 1023/1031 OR CHEM 1103/1121	INTRO TO CHEMISTRY AND LAB OR GENERAL CHEMISTRY AND LAB	4
		15			15

**Sophomore Year**

Semester 3			Semester 4		
BIOL 2233/2291	ANATOMY AND PHYSIOLOGY AND LAB	4	COMM 1023 OR COMM 2203 OR COMM 2283	PUBLIC SPEAKING OR INTERPERSONAL COMMUNICATION OR BUSINESS AND PROFESSIONAL SPEECH	3
ENGL 2283 OR ENGL 2293	SURVEY OF WORLD LIT I OR SURVEY OF WORLD LIT II	3	PE 2113	NUTRITION	3
PE 2203	HEALTH AND WELLNESS PROMOTION	3	PE 2273	FIRST AID/CPR	3
PE 1011	WEIGHT TRAINING	1	CIS 2223	MICROCOMPUTER APPLICATIONS	3
PSY 2203	STATISTICAL METHODS	3	BIOL 2243/2301	ANATOMY AND PHYSIOLOGY II AND LAB	4
ELECTIVE (1000-4000 LEVEL)		3			
		17			16

**Junior Year**

Semester 5			Semester 6		
SOC 2213	INTRO TO SOCIOLOGY	3	PE 3523/3461	EXERCISE PHYSIOLOGY AND LAB	4
EXSC 3483	SPORTS ENTREPRENEURSHIP	3	PE 2313	CARE AND PREVENTION OF ATHLETIC INJURIES	3
EXSC 3323	STRENGTH AND CONDITIONING	3	PE 4713	SPORTS ADMINISTRATION	3
EXSC 4503	EXERCISE PRESCRIPTION	3	ELECTIVE (1000-4000 LEVEL)		3
			PE 1131	FITNESS THROUGH AEROBIC DANCE	1
		12			14

## Senior Year

Semester 7			Semester 8		
ELECTIVE (1000-4000 LEVEL)		3	EXSC 4783	RESEARCH METHODS FOR EXERCISE SCIENCE	3
EXSC 4643/4401	KINESIOLOGY AND LAB	4	EXSC 4403	PHARMACOLOGY & EXERCISE PERFORMANCE	3
EXSC 4513	EXERCISE CERTIFICATION PREPARATION	3	PSY 3443	DEVELOPMENTAL PSYCHOLOGY	3
EXSC 4533	SPORTS PSYCHOLOGY	3	EXSC 4523	GERIATRIC INTERNSHIP	3
EXSC 4683	METHODS and TECHNOLOGY FOR EXERCISE SCIENCE	3	ELECTIVE (1000-4000 LEVEL)		3
		16			15
				<b>Total Hours</b>	<b>120</b>

REVISED Fall 2020