

B.S. in Exercise Science Exercise Science Specialist *(code s138)*

| RELATED REQUIREMENTS | Course # | CR HRS | Fall (F) Winter (W) Spring (Sp) Sum (S) / YEAR | GRADE OR "T" |
|--|-------------------------------|--------|--|--------------|
| Anatomy and Physiology I and II | BIO 259 | 4 | | |
| | BIO 269 | 4 | | |
| Chemistry and Lab | CHE/CRL 103 or CHE/CRL 107 | 5 | | |
| Physics | PHY 100 or above | 4 | | |
| Intro to Med Term and Drug Classifications | EXS 222 | 2 | | |
| Introduction to Nutrition | NTD 303 | 3 | | |
| First Aid and Athletic Training | SMD 271 | 3 | | |
| ELECTIVES UNDER ADVISEMENT (to fulfill 120 cr hr minimum; must be approved by advisor). A minor may fill this requirement. | | | | |
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| CORE EXS COURSES (Must be passed with a C- or better) <i>All students are required to maintain current CPR and First Aid Certifications throughout the program.</i> | | | | |
| Group Exercise Leadership | EXS 101 | 2 | | |
| Fundamentals of Resistance Training Techniques | EXS 102 | 2 | | |
| Kinetic Anatomy | EXS 223 | 2 | | |
| Lifetime Fitness Concepts | EXS 180 | 3 | | |
| Biomechanics (prereq BIO 259, PHY 100 or PHY 130) | EXS 262 | 3 | | |
| Biomechanics Lab (taken concurrently with EXS 262) | EXL 262 | 1 | | |
| Motor Learning (prereq BIO 259 with a C- or better) | EXS 370 | 3 | | |
| Exercise Psychology (prereq PSY 100) | EXS 375 | 3 | | |
| Exercise Physiology (prereq BIO 269 with a C- or better) | EXS 380 | 3 | | |
| Exercise Physiology Lab (prereq BIO 269 with a C- or better) | EXL 380 | 1 | | |
| Fitness Assess & Ex Presc (prereq EXS380 and EXL 380) | EXS 381 | 4 | | |
| Ex Techniques & Phys Cond (prereq EXS 262, EXS 380, EXS 381) | EXS 482 | 4 | | |
| Org and Mgt of Adult Fit Facilities(prereq EXS 380, EXL 380 and EXS 381) | EXS 484 | 3 | | |
| Ex Prescription for Special Pops (prereq EXS 381) | EXS 486 | 3 | | |
| Clinical Ex Testing and Prescription (prereq EXS 381) | EXS 489 | 4 | | |
| INTERNSHIP: is a capstone course usually taken in the last semester before graduation (prereq: senior Exercise Science major, permission of department and under the supervision of a certified or licensed professional) May not be repeated for credit. | EXS 490 | 3 | | |