



Sample Schedule for EXERCISE SCIENCE

EXERCISE SCIENCE

120 CREDITS, (includes general education courses), 4 YEARS

FIRST YEAR, 27 CREDITS

FALL:		SPRING:	
EXR 150	2 cr	EXR 160	2 cr
MATH 114a	3 cr	BIO 155 (lab)	4 cr
ENG 110	4 cr	COMMS 100	4 cr
COR 1	4 cr	PSY 101	4 cr
Total	13 cr	Total	14 cr

SECOND YEAR, 29-33 CREDITS

FALL:		SPRING:	
EXR 205	2 cr	PHYS 220	3 cr
BIO 210 (lab)	4 cr	BIO 211 (lab)	4 cr
Search for Truth Course	4 cr	Art Course	3-4 cr
Elective	3-4 cr	Elective	3-4 cr
Elective	3-4 cr	Total	13-15 cr
Total	16-18cr	Total	13-15 cr

THIRD YEAR, 31-35 CREDITS

FALL:		SPRING:		SUMMER:	
PSY 330	4 cr	EXR 260	3 cr	Internship or Research	2 cr
Elective	3-4 cr	Elective	3-4 cr	(Could also happen in fall, year 4)	
COR II	4 cr	EXR/BIO 415	4 cr		
BIO 251	3 cr	Engage Citizenship Course	3-4 cr		
		EXR Elective	2-3 cr		
Total	14-15 cr	Total	15-18 cr	Total	2 cr

FOURTH YEAR, 25-31 CREDITS

FALL:		SPRING:	
BIO 252 or Internship	2 cr	BIO 480	2 cr
EXR Elective	3-4 cr	EXR 308	3 cr
Reflect on Human Exp Course	3-4 cr	Elective	3-4 cr
Elective	3-4 cr	EXR Elective	3-4 cr
Elective	3-4 cr	Total	11-13 cr
Total	14-18 cr	Total	11-13 cr

COURSE LIST:

Prerequisites Requirements

Math 114a	Pre-calculus A: College Algebra
PSY 101	Introduction to Psychology

Core Requirements

BIO 155	Human Cel Biology and Genetics
BIO 210	Anatomy and Physiology I
BIO 211	Anatomy and Physiology II
EXR 150	Applied Principles of Strength Training
EXR 160	Care and Prevention of Athletic Injuries
EXR 205	Introduction to Exercise Science
EXR/PHYS 220	Intro to Biomechanics
EXR 260	Fitness Testing and Exercise Prescriptions
EXR/BIO 308	Sports Nutrition
EXR/PSY 320	Sport Psychology
EXR/BIO 415	Exercise Physiology

Research or Internship

BIO 251	Intro to Bio Research
MATH 121	Statistics
EXR 252	Research
EXR 479	Intership
BIO 480	Biology Seminar

Electives

BIO 202	Medical Terminology
BIO 401	Genetics
BIO 409	Advanced Nutrition
BIO 412	Pathophysiology
BIO/PSY 445	Biological Psychology
CHEM 120	General Chemistry I
CHEM 121	General Chemistry II
PHYS 130	General Physics I
PSY 345	Lifespan Development
PSY 391	Emotions and Motivation
SOC 325	Health, Illness, and Society