



Bachelor of Science in Education and Human Sciences

Major: Exercise Science

2022-2023 Sample 4-Year Plan

Total Degree Requirements: 120 credits

Student _____ Student ID# _____ Student Phone # _____

Advisor _____ Minimum GPA 2.00 Minor/Career Interest(s) _____

Students are not limited to this plan; it is meant to be used as a guide for planning purposes in consultation with your advisor. The sample schedule is one possible path to completing your degree within four years. For official program requirements, please refer to the [Undergraduate Catalog](#).

First Year

Fall

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
CHEM 106/106L or CHEM 112/112L	Chemistry Survey & Lab or General Chemistry I & Lab (SGR #6)	Preprofessional Students should take 112/L CHEM 106: p. or concurrent enrollment in MATH 095 or higher CHEM 112: p. or concurrent enrollment in MATH 114 or higher	4	F	
EHS 119	First Year Seminar		2		
SGR #4	Humanities Arts/Diversity (SGR #4)		3		
MATH 114	College Algebra (SGR #5) or higher	p. placement	3		
CMST 101 or ENGL 101	Fundamentals of Speech (SGR #2) or Composition I (SGR #1)	ENGL 101: p. Placement	3		
Total Credit Hours			15		

Spring

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
CHEM 108/108L or CHEM 114/114L	Organic and Biochemistry & Lab or General Chemistry II & Lab (SGR #6)	Preprofessional Students should take CHEM 114 CHEM 108: p. CHEM 106/106L CHEM 114: p. CHEM 112/112L	4-5	S	
HDFS 210	Lifespan Development (SGR# 3)		3		
HLTH 220	Social Determinants of Health		3	S	
NURS 201	Medical Terminology	online	1		
CMST 101 or ENGL 101	Fundamentals of Speech (SGR #2) or Composition I (SGR #1)		3		
EXS 101	Introduction to Exercise Science	Suggested elective	2	S	
Total Credit Hours			14-17		

Second Year

Fall

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
BIOL 221/221L	Human Anatomy & Lab		4		
ENGL 201	Composition II (SGR #1)	p. ENGL 101	3		
PSYC 101	General Psychology (SGR #3)		3		
SGR #4	Humanities Arts/Diversity (SGR #4)		3		
Elective	Elective		3		
Total Credit Hours			16		

Spring

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
BIOL 325/325L	Human Physiology & Lab	p. BIOL 221/221L and CHEM 106/106L or CHEM 112/112L	4		
HLTH 250/250L or HLTH 364/463L	Preprofessional First Aid/CPR & Lab Emergency Medical Tech & Lab	HLTH 364: p. Written consent (current CPR certification at the level of BLS Healthcare Provider (American Heart Association))	2 Or 4		
NUTR 315	Human Nutrition	p. CHEM 106/106L or CHEM 112/112L	3		
EXS 354/354L	Prevention & Care of Athletic Injuries & Lab		2		
Elective	Elective		3		
Total Credit Hours			14-16		

Information Subject to Change. This is not a contract.

p. = Course Prerequisite
Semester: F = Fall, S = Spring, SU = Summer



Third Year

Fall

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
CHRD 475	Motivational Interviewing and Wellness Counseling	online	3		
*HLTH 479/479L	Health Promotion Programming & Evaluation & Lab		2	F	
*EXS 380	Professional Development		1	F	
*EXS 350	Exercise Physiology	p. BIOL 221/221L	3	F	
*EXS 400/400L	Exercise Testing and Prescription & Lab		3	F	
Elective	Elective		3		
Total Credit Hours			15		

Spring

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
EHS 319	Life, Love, and Money		2		
*NURS 323	Introduction to Pathophysiology	p. BIOL 325/325L	3		
*EXS 367/367L	Health and Human Performance & Lab	p. EXS 350	3	S	
*EXS 455	ECG and Clinical Stress Testing		3	S	
*EXS 454/454L	Biomechanics & Lab	p. BIOL 221/221L	3	S	
Elective	Elective		3		
Total Credit Hours			17		

Fourth Year

Fall

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
*EXS 480	Certification Examination Preparation		1	F	
*EXS 494	Internship		2	F	
*EXS 420/420L	Group Exercise and Facility Management & Lab	p. EXS 400/400L	2	F	
*EXS 450	Clinical Exercise Physiology	p. EXS 450	3	F	
Elective	Elective		9		
Total Credit Hours			17		

Spring

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
HSC 445	Epidemiology	online	3		
*EXS 496	Field Experience		3	S	
Elective	Elective	(If needed for 120 credits)	3		
Total Credit Hours			9		

Comments/Notes

Students from all academic majors can pursue graduation with Fishback Honors College distinction. View the [Honors program requirements](#).

Entry into the Exercise Science program at SDSU is a competitive process. Upon completion of the prerequisite classes, all students will need to submit a formal application for admission to the Exercise Science Program. To graduate in four years, students should plan to apply to the program in their sophomore year and if accepted, officially begin the program the Fall semester of their junior year. The Exercise Science program is a 4 semester (2 year) program that cannot be accelerated due to the structured progression of coursework. Prior to the start of the Exercise Science Program students must successfully complete a C or better in the following courses: BIOL 221/221L Human Anatomy and BIOL 325/325L Human Physiology.

Exercise Science Students must maintain a cumulative GPA of 2.75 and must get a “C” or better in all major coursework designated by *.