



Bachelor of Science in Education and Human Sciences

Major: Exercise Science

2023-2024 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	
CMST 101 or ENGL 101	Foundations of Communication (SGR #2) or Composition I (SGR #1)	ENGL 101: p. Placement	3		
EHS 119	First Year Seminar		2		
MATH 114	College Algebra (SGR #5) or higher	p. placement	3		
SGR #4	Humanities Arts (SGR #4)		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	
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	
HDFS 210	Lifespan Development (SGR# 3)		3		
*HLTH 220	Social Determinants of Health		3	S	
*NURS 201	Medical Terminology	online	1		
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 (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		
*EXS 354	Prevention & Care of Athletic Injuries		2		
*EXS 354 L	Prevention & Care of Athletic Injuries Lab		1		
*HLTH 250/250L or *HLTH 364/463L	Preprofessional First Aid/CPR & Lab (2,0) Emergency Medical Tech & Lab (3,1)	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		
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
*EXS 350	Exercise Physiology	p. BIOL 221/221L	3	F	
*EXS 380	Professional Development		1	F	
*EXS 400	Exercise Testing and Prescription		2	F	
*EXS 400 L	Exercise Testing and Prescription Lab		1		
*HLTH 479	Health Promotion Programming & Evaluation		2	F	
*CHRD 475	Motivational Interviewing and Wellness Counseling	online	3		
Elective	Elective		3		
Total Credit Hours			15		

Spring

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
*EXS 367	Health and Human Performance	p. EXS 350	2	S	
*EXS 367 L	Health and Human Performance Lab	p. EXS 350	1		
*EXS 454	Biomechanics	p. BIOL 221/221L	2	S	
*EXS 454 L	Biomechanics Lab	p. BIOL 221/221L	1		
*EXS 455	ECG and Clinical Stress Testing		3	S	
*NURS 323	Introduction to Pathophysiology	p. BIOL 325/325L	3		
EHS 319	Life, Love, and Money		2		
Elective	Elective		3		
Total Credit Hours			17		

Fourth Year

Fall

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

Spring

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
*EXS 496	Field Experience		3	S	
*HSC 445	Epidemiology	online	3		
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](#).

Students who declare Exercise Science as a chosen major must meet minimum grade requirements in key courses to progress through the program. Progression to the 300 and 400 level exercise science courses (with the exception of EXS 354) **requires** successful completion with a grade of C or better in the following courses: BIOL 221 - Human Anatomy (COM), BIOL 221L - Human Anatomy Lab (COM), BIOL 325 - Physiology (COM), and BIOL 325L - Physiology Lab (COM) and GPA of 2.75 or higher. **To stay on track to complete the program in 4 years students should complete the BIOL 221 - Human Anatomy (COM), BIOL 221L - Human Anatomy Lab (COM), BIOL 325 - Physiology (COM), and BIOL 325L - Physiology Lab (COM) prior** to the start of the fall semester of their junior year.

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