



**Bachelor of Science in Education and Human Sciences**

**Major: Exercise Science**

**2024-2025 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	Arts & Humanities (SGR #4)		3		
<b>Total Credit Hours</b>			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		
<b>Total Credit Hours</b>			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	Arts & Humanities (SGR #4)		3		
Elective	Elective		3		
<b>Total Credit Hours</b>			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 354L	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		
<b>Total Credit Hours</b>			14-16		



**THIRD YEAR**

**Fall**

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
CHRD 475	Motivational Interviewing and Wellness Counseling	online	3		
*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 400L	Exercise Testing and Prescription Lab		1		
*HLTH 479	Health Promotion Programming & Evaluation		2	F	
Elective	Elective		3		
<b>Total Credit Hours</b>			15		

**Spring**

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
EHS 319	Life, Love, and Money		2		
*EXS 367	Health and Human Performance	p. EXS 350	2	S	
EXS 367L	Health and Human Performance Lab	p. EXS 350	1		
*EXS 455	ECG and Clinical Stress Testing		3	S	
*EXS 454	Biomechanics	p. BIOL 221/221L	2	S	
EXS 454 L	Biomechanics Lab	p. BIOL 221/221L	1		
*NURS 323	Introduction to Pathophysiology	p. BIOL 325/325L	3		
Elective	Elective		3		
<b>Total Credit Hours</b>			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 420L	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		
<b>Total Credit Hours</b>			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		
<b>Total Credit Hours</b>			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 \*.