

Academic Program Sequence Map

Program Degree Type and Name: Exercise Science Performance Track **Catalog Year:** 2022-2023

Program Level: Undergraduate **Academic Term Type:** Semester

** Denote core course with an asterisk and (cc) next to the course number*

Year and Term: 1 Fall	Credits Per Classification			
Course Number & Title	CR	GE	Maj	OE
ENGL 111 Written English & Literary Studies I	3	x		
CINQ 101 Critical Inquiry	3	x		
MATH 116 College Algebra	3	x		
PSYN 101 Introduction to Psychology	3	x		
ENGL 110 or Gen Ed	3	x		
Term Credit Total:	15	15		

Year and Term: 2 Fall	Credits Per Classification			
Course Number & Title	CR	GE	Maj	OE
EXSC 110 Foundations of Exercise Science	3		x	
BIOL 117 Nutrition	3	x		
BIOL 131 Anatomy & Physiology II	3	x		
BIOL 131A Anatomy & Physiology II Lab	1	x		
EXSC 105 Introduction to Athletic Training	3		x	
Gen Ed	3	x		
Term Credit Total:	16	10	6	0

Year and Term: 3 Fall	Credits Per Classification			
Course Number & Title	CR	GE	Maj	OE
JRSM 301 Junior Seminar	3	x		
EXSC 250 Research Methods in Exercise Science	3		x	
EXSC 360 Exercise Kinesiology	3		x	
Gen Ed	3	x		
Open Elective	3			x
Term credit total:	15	6	6	3

Year and Term: 4 Fall	Credits Per Classification			
Course Number & Title	CR	GE	Maj	OE
EXSC 490 Exercise Testing and Prescription	3		x	
EXSC 490A Exercise & Prescription Lab	1		x	
EXSC 385 Advanced Strength & Conditioning	3		x	
EXSC 495 Exercise Sci Internship I	3		x	
Open Elective	3			x
Gen Ed	1	1		
Term Credit Total:	14	1	10	3

Program Totals	Credits: 120		Gen Ed: 60	
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Year and Term: 1 Spring	Credits Per Classification			
Course Number & Title	CR	GE	Maj	OE
ENGL 112 Written English & Literary Studies I	3	x		
BIOL 130 Anatomy & Physiology I	3	x		
BIOL 130A Anatomy & Physiology I Lab	1	x		
COMM 110 Oral Communication	3	x		
PSYN 235 Sports Psychology	3	x		
CISC 120 Introduction to Computers	3	x		
Term Credit Total:	16	16		0

Year and Term: 2 Spring	Credits Per Classification			
Course Number & Title	CR	GE	Maj	OE
EXSC 285 Principles of Strength and Conditioning	3		x	
EXSC 230 Applied Motor Learning	3		x	
ECON 120 World Economics	3	x		
PHYS 120 Physics of the Human Body	3	x		
EXSC 240 Sports Nutrition	3		x	
Term Credit Total:	15	6	9	

Year and Term: 3 Spring	Credits Per Classification			
Course Number & Title	CR	GE	Maj	OE
EXSC 460 Exercise Physiology	3		x	
EXSC 460A Exercise Physiology Lab	1		x	
Gen Ed	3	x		
EXSC 370 Biomechanics	3		x	
EXSC 209 Emergency Care, CPR / First Aid	2		x	
Open Elective	3			x
Term Credit Total:	15	3	9	3

Year and Term: 4 Spring	Credits Per Classification			
Course Number & Title	CR	GE	Maj	OE
EXSC 492 Exercise Prescription for Special Pop.	3		x	
EXSC 496 Exercise Science Internship II	3		x	
Gen Ed	3	x		
EXSC 493 Exercise Science Capstone	3		x	
Open Elective	2			x
Term Credit Total:	14	3	9	2

Major & Major Elective: 49		Open Elective: 11	
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Legend: CR: Credits GE: General Education Maj: Major / Major Elective OE: Open Elective