

## Academic Program Sequence Map

**Program Degree Type and Name:** BS Exercise Science Performance Track \_\_\_\_\_ **Catalog Year:** 2023-2024

**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							
<b>Term Credit Total:</b>	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							
<b>Term Credit Total:</b>	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					
<b>Term credit total:</b>	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							
<b>Term Credit Total:</b>	14	1	10	3					
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							
<b>Term Credit Total:</b>	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						
<b>Term Credit Total:</b>	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					
<b>Term Credit Total:</b>	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					
<b>Term Credit Total:</b>	14	3	9	2					
<b>Program Totals</b>		Credits: 120		Gen Ed: 60		Major & Major Elective: 49		Open Elective: 11	

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

*Office of the Provost April 2023*