

# Exercise Science: Pre-Athletic Training

## Bachelor of Science (BS)

This degree map is based on the current Academic Catalog and is subject to change. Please note that the degree map is designed to give you a sense of roughly how courses might be distributed over a 4-year degree. Your exact schedule will differ depending on a range of factors though we recommend taking a minimum of 15 credits each fall and spring semester. Regular consultation with your academic advisor is the best way to make sure that you are taking the courses you need in the right order to ensure efficient progress through your degree program.

### Sample 4-Year Plan

#### First Year

Fall Courses	Credits	Spring Courses	Credits
EXER161 Introduction to Health and Exercise Science	3	EXER294 Resistance Training Techniques	3
HLSC115/BIOL180 Human Anatomy and Physiology 1 (N)	4	HLSC108/BIOL108 Medical Terminology for Health Professions	3
WRIT103 Foundations in Composition	3	HLSC120/BIOL181 Human Anatomy and Physiology 2	4
FYS100 First Year Seminar (F)	3	PSYC100 Introduction to Psychology	3
BIOL105 Basic Biology	3	General Education	3
Semester Total	16	Semester Total	16

#### Second Year

Fall Courses	Credits	Spring Courses	Credits
General Education	3	EXER360 Sports Nutrition	3
PHYS208 Introductory Physics 1	4	CHEM121 Chemistry 1	4
EXER306 Psychology of Sport and Exercise	3	STAT141 Introduction to Statistics	3
General Education	6	General Education	5
Semester Total	16	Semester Total	15

#### Third Year

Fall Courses	Credits	Spring Courses	Credits
EXER378 Exercise Physiology	3	EXER478 Advanced Exercise Physiology	3
EXER351 Biomechanics	3	EXER380 Research Methods in Health and Exercise Science	3
Major Elective	3	Major Elective	3
General Education	6	General Education	6
Semester Total	15	Semester Total	15

#### Fourth Year

Fall Courses	Credits	Spring Courses	Credits
EXER453 Clinical Exercise Physiology	3	EXER498 Exercise Science Internship	6
EXER477 Exercise Testing and Prescription	3	General Education	6
EXER261 First Aid and Safety	3		
Major Elective	3		
Gen Ed	3		
Semester Total	15	Semester Total	12

#### Winter/Summer College - Optional

While not required, Winter and Summer sessions are offered each year and may help you stay on track or get ahead. You may take up to seven (7) credits during Winter College and up to 14 credits during Summer College.

## Curriculum Checklist

### Exercise Science Core (49 credits)

- \_\_\_ BIOL105 Basic Biology (3)
- \_\_\_ EXER161 Introduction to Health and Exercise Science (3)
- \_\_\_ EXER294 Resistance Training Techniques (3)
- \_\_\_ EXER306 Psychology of Sport and Exercise (3) \*
- \_\_\_ EXER351 Biomechanics (3) \*
- \_\_\_ EXER360 Sport Nutrition (3) \*
- \_\_\_ EXER378 Exercise Physiology (3) \*
- \_\_\_ EXER380 Research Methods in Health and Exercise Science (3) \*
- \_\_\_ EXER453 Clinical Exercise Physiology (3) \*
- \_\_\_ EXER477 Exercise Testing and Prescription (3) \*
- \_\_\_ EXER478 Advanced Exercise Physiology (3) \*
- \_\_\_ EXER498 Exercise Science Internship (6) \*
- \_\_\_ HLSC108/BIOL108 Medical Terminology for Health Science (3)
- \_\_\_ HLSC120/BIOL181 Human Anatomy and Physiology 2 (4)
- \_\_\_ PSYC100 Introduction to Psychology (3)

### Exercise Science Electives (11 credits)

- \_\_\_ EXER255 Functional Anatomy (3)
- \_\_\_ EXER261 First Aid and Safety (3)
- \_\_\_ EXER284 Aquatic Exercise Programming (3)
- \_\_\_ EXER285 Exercise and Mental Health (3)
- \_\_\_ EXER287 Introduction to Coaching (3)
- \_\_\_ EXER295 Tests and Assessments (3)
- \_\_\_ EXER304 Principles of Resistance Training (3) \*
- \_\_\_ EXER397 Exercise and Aging (3) \*
- \_\_\_ EXER411 EGG, Exercise Testing, and Cardiac Rehabilitation (3) \*
- \_\_\_ EXER413 Current Issues in Sport and Exercise (3) \*
- \_\_\_ EXER493 Independent Study (3) \*
- \_\_\_ HLSC202 Care and Prevention of Physical Injury (3)
- \_\_\_ HLSC406 Biomechanics of Injury (3) \*
- \_\_\_ HLSC407 Advanced Human Physiology and Mechanisms of Disease (4) \*
- \_\_\_ HLSC415 Pharmacology (3) \*
- \_\_\_ HLSC420 Rehabilitation Science (3) \*
- \_\_\_ HLSC451 Advanced Human Anatomy (4) \*

\*Denotes advanced coursework

Students must take a minimum of 42 credits of advanced coursework. Advanced coursework can be met in major courses, minor courses, free elective courses, and general education courses. Courses that meet this requirement are designated in Banner.

## General Education Requirements

### (45 credits)

*Note: Some requirements may be fulfilled by coursework in your major program including directed Gen Ed courses noted below*

- Foundations (15 credits)
  - Quantitative: STAT141 Statistics (3)
- Interconnections (9 credits)
- Citizenship & Responsibility (6 credits from at least two goals)
- Natural World & Technologies (9 credits)
  - CHEM121 Chemistry 1 (4)
  - HLSC115/BIOL180 Human & Physiology 1 (4)
  - PHYS208 Physics 1 (4)
- Creativity & Expression (6 credits)

## Degree Requirements

All students must obtain a minimum of 120 credits (a minimum of 42 credits must be advanced coursework), complete all General Education requirements, and all requirements for the selected major. Meet with your advisor and consult Degree Works to monitor your progress and for all graduation requirements.

*A minimum GPA of 2.0 in the major and overall are required.*