

**B.S. – Exercise Science (ESCI)**
**Suggested Course Sequence (FALL 2014)**

This recommended four year plan is provided as an **outline** for you to follow in order to plan for degree completion within four years. This plan is a **recommendation** and students should only use it in consultation with their academic advisor. Students should be aware that this plan assumes that no developmental courses are required. If developmental courses are needed, students may have additional requirements to fulfill which do not appear on the four year plan.

**First Year**

Fall Semester	HRS	✓	Spring Semester	HRS	✓
*BIOL 240 Mammalian Anat. & Phys. I	3		*BIOL 241 Mammalian Anat. & Phys. II	3	
ENWR 105 College Writing I	3		ENWR 106 College Writing II	3	
World Languages I	3		World Languages II	3	
PEMJ 131 Fitness Activities	2		World Literature/General Humanities	3	
HPEM 199 Orientation / PE Professionals	1		NUFD 182 Nutrition	3	
HPEM 150 Principle Practice Emergency	3		CSIT 100 Intro. to Computer Science	3	
<b>Total:</b>	15		<b>Total:</b>	18	

**Second Year**

Fall Semester	HRS	✓	Spring Semester	HRS	✓
CMST 101 Fundamentals of Speech	3		Fine and Performing Art	3	
PEMJ 320 Physiology of Exercise	3		EXSC 234 Leadership in Anaerobic Exsc.	2	
*ESXC 231 Fitness Assessment/Exercise Prescription	3		EXSC 151 Yoga, Relaxation, Stress Reduction	1	
EXSC 233 Leadership in Aerobic Program	2		Mathematics (103, 104, 106, or 109)	3	
HLTH 101 Personal Health Issues	3		American European History	3	
Non- Western Culture Pers.	3		Philosophy or Religion	3	
<b>Total:</b>	17		<b>Total:</b>	15	

**Third Year**

Fall Semester	HRS	✓	Spring Semester	HRS	✓
EXSC 475 Cardiac Rehabilitation	3		PEMJ 321 Kinesiology	3	
PEMJ 324 Basic Motor Learning	3		EXSC 430 Exercise in Special Population	3	
HPEM 356 Management of PE	3		EXSC 300 Practicum in Exercise Science	2	
PSYC 101 General Psychology	3		World Cultures	3	
EXSC 420 Theories of Strength &	3		Free Elective	3	
<b>Total:</b>	15		<b>Total:</b>	14	

**Fourth Year**

Fall Semester	HRS	✓	Spring Semester	HRS	✓
CHEM 113 Fundamentals of Chemistry	4		EXSC 480 Internship in Exercise Science	8	
HPEM 355 Measurement and Evaluation	3		Free Elective	3	
EXSC 476 Senior Seminar in Exercise	3		Free Elective	2	
Free Elective	3				
<b>Total:</b>	13		<b>Total:</b>	13	

**Total Required: 120 credits**