

## Academic Program Sequence Map

**Program Degree Type and Name:** BS Exercise Science Performance Track      **Catalog Year:** 2024-2025

**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	Milestone/Advice
ENGL 111 Written English & Literary Studies I	3	x			
CINQ 101 Critical Inquiry	3	x			
MATH 116 College Algebra	3	x			
COMM 110 Oral Communication	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	Milestone/Advice
EXSC 250 Research Methods in 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		
EXSC 230 Applied Motor Learning	3		x		
<b>Term Credit Total:</b>	16	7	9		

Year and Term: 3 Fall	Credits Per Classification				
Course Number & Title	CR	GE	Maj	OE	Milestone/Advice
JRSM 301 Junior Seminar	3	x			
Gen. Ed.	3	x			
EXSC 360 Exercise Kinesiology	3		x		
EXSC 209 Emergency Care, CPR / First Aid	2		x		
Open Elective	3			x	
<b>Term credit total:</b>	14	6	5	3	

Year and Term: 4 Fall	Credits Per Classification				
Course Number & Title	CR	GE	Maj	OE	Milestone/Advice
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		ELC
Open Elective	3			x	
Gen. Ed.	1	x			
<b>Term Credit Total:</b>	14	1	10	3	

**Program Totals**

Credits: 1 Gen Ed: 60

Year and Term: 1 Spring	Credits Per Classification				
Course Number & Title	CR	GE	Maj	OE	Milestone/Advice
ENGL 112 Written English & Literary Studies I	3	x			
BIOL 130 Anatomy & Physiology I	3	x			
BIOL 130A Anatomy & Physiology I Lab	1	x			
PSYN 101 Introduction to Psychology	3	x			
EXSC 110 Foundations of Exercise Science	3		x		GC / CA
CISC 120 Introduction to Computers	3	x			
<b>Term Credit Total:</b>	16	13	3		

Year and Term: 2 Spring	Credits Per Classification				
Course Number & Title	CR	GE	Maj	OE	Milestone/Advice
Gen. Ed.	3	x			
PSYN 235 Sports Psychology	3	x			
Gen. Ed.	3	x			
PHYS 120 Physics of the Human Body	3	x			
EXSC 240 Sports Nutrition	3		x		
<b>Term Credit Total:</b>	15	12	3		

Year and Term: 3 Spring	Credits Per Classification				
Course Number & Title	CR	GE	Maj	OE	Milestone/Advice
EXSC 460 Exercise Physiology	3		x		
EXSC 460A Exercise Physiology Lab	1		x		
EXSC 285 Principles of Strength and Conditioning	3		x		
EXSC 370 Biomechanics	3		x		
Gen. Ed.	3	x			
Open Elective	3			x	
<b>Term Credit Total:</b>	16	3	10	3	

Year and Term: 4 Spring	Credits Per Classification				
Course Number & Title	CR	GE	Maj	OE	Milestone/Advice
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	

Major & Major Elective: 49

Open Elective: 11

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Legend: CR: Credits GE: General Education Maj: Major / Major Elective OE: Open Elective SM: Success Marker Co/Prerequisite(s): List of co/ prerequisites for noted course GC: Gateway Courses CA: Career Activ

*Office of the Provost Sept :*



# Academic Program Sequence Map

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ity ELC: Experiential Learning Course

**2024**