

Student ID

Student Name

Required Courses

Requirement/Policy Checklist

_____ 2.5 GPA Requirement
_____ Cultural Events (up to 18)
_____ 40 hrs > 299
_____ S/U Options (max 5)

General Education

Course	Title	Grade	Hrs.
ACAD 101	Prin. of the Learning Academy		1
WRIT 101	Composition		3
HMXP 102	Human Experience		3
CRTW 201	Critical Reading, Thinking & Writing		3
Technology (CSCI 101 & 3 from CSCI 101A, B, C, F or P)	Intro to Computer & Info Processing and Labs		3
Historical Perspectives			3
Physical Activity	Met in major w/ PESH102		0
Global Perspective			3
**Social Science #1 (PSYC 101)	General Psychology		3
Social Science #2			3
Humanities & Arts #1			3
Humanities & Arts #2			3
Quantitative Skills			3
Natural Science	Met in major w/ NUTR221		0
Natural Science	Met in major w/ CHEM 201 or 211		0
Intensive Writing	Met in major w/ PESH381		0
Constitutional			0 - 3
Oral Communication			3
EXSC 101	Intro to Exercise Science		3
EXSC 208	Exercise Leadership & Training Instruction		3
EXSC 375	Kinesiology & Biomechanics		3
**EXSC 384/385	Exercise Physiology I & Lab		4
EXSC 401	Psychology of Sport & Physical Activity		3
EXSC 465	Strength and Conditioning		3
EXSC 480	Exercise Testing & Prescription/Lab		3
HLTH 300	Personal & Community Health		3
PESH 102	Weight Training		1
PESH 381	Research Methods in Phys Activity & Sports Mgmt		3
**BIOL 220/222	Prin. Of Cell and Molecular Biology & Lab		4
**BIO 213/214 or BIOL 307/308	Anatomy/Human Physiology		8
**NUTR 221	Food & Nutrition		3
	Exercise Science Concentration		
CHEM 201 or 211	General Chem I or Acc. Gen. Chemistry		4
EXSC 484/486	Exercise Physiology II & Lab		4
EXSC 494	Portfolio in Exercise Science		1
EXSC 492 or 493	Certification Seminar in Exercise Science		2
EXSC 496	Internship		9
EXSC 501	Admin. Of Sport & Phys Ed Programs		3
EXSC 511	Physical Activity for Special & Aging Populations		3
HLTH 406 or EXSC 300	Exercise & Health Promotions, Sociocult. Dim of Phy Act.		3
PESH 201	First Aid & CPR		1
Electives			6 - 9

Major Requirements

Suggested Semester Plan

Semester 1		Semester 2	
ACAD 101	1	EXSC 208	3
EXSC 101	3	HMXP 102	3
HLTH 300	3	BIOL 220/222	4
Technology Req	3	NUTR 221	3
Quant Skills Req	3	PSYC 101	3
WRIT 101	3		
	16		16

Semester 3		Semester 4	
CRTW 201	3	Global Persp.	3
BIOL 213	4	BIOL 214	4
CHEM 201	4	EXSC 375	4
PESH 102	1	Social Sci. 2	3
Humanities/Arts	3	Oral Comm.	3
	<u>15</u>		<u>17</u>

Semester 5		Semester 6	
EXSC 384/385	4	EXSC 480	3
EXSC 401	3	EXSC 484/486	4
PESH 381	3	HLTH 406	3
Hist. Persp	3	Humanities/Arts	3
EXSC 501	3	Elective	3
	<u>15</u>		<u>16</u>

Semester 7		Semester 8	
EXSC 465	3	EXSC 494	1
EXSC 511	3	EXSC 492/493	2
Elective	3	EXSC 496	9
Constitution	3		
PESH 201	1		
	13		12

NOTES

120

Need 0