

2026-2027 Bachelor of Science in EXSC: Strength & Conditioning
Semester-by-Semester Worksheet



Student Name _____ Student ID _____

YEAR 1					
Fall Courses/Tasks	CH	Notes	Spring Courses/Tasks	CH	Notes
ACAD 101	1		HMPX 102*	3	
EXSC 101	3		EXSC 208	3	
WRIT 101	3		Quantitative Skills	3	
HLTH 300	3		NUTR 221	3	
BIOL 220 & 222	4	Natural Science	PSCY 101	3	Social Science 1
PESH 102	1	Physical Activity			
Total:	15		Total:	15	

YEAR 2					
Fall Courses/Tasks	CH	Notes	Spring Courses/Tasks	CH	Notes
CRTW 201*	3		CSCI 101 w/3 labs (A, B, C)	3	Technology
BIOL 213/307*	4		BIOL 214/308*	4	
CHEM 101/201	3/4	Natural Science	EXSC 375	4	
PESH 201	1		Global Perspective	3	
Humanities & Arts	3		EXSC 482	1	
			Elective	1	
Total:	14/15		Total:	16	

YEAR 3					
Fall Courses/Tasks	CH	Notes	Spring Courses/Tasks	CH	Notes
EXSC 384 & 385	4		EXSC 572	3	
EXSC 401	3		EXSC 570	3	
PESH 381	3	Intensive Writing	HLTH 406/EXSC 300	3	
EXSC 501	3	Gen Ed	Historic Perspective	3	
Social Science 2	3		Humanities & Arts 2	3	
Total:	16		Total:	15	

YEAR 4					
Fall Courses/Tasks	CH	Notes	Spring Courses/Tasks	CH	Notes
EXSC 574	4		EXSC 494	1	
EXSC 511	3		EXSC 496	6	
NUTR 520	3		EXSC 493	2	
Oral Communication	3		Elective	3	
Constitution/Elective	3		Elective	0/1	
Total:	16		Total:	12/13	

Additional Notes:

* Requires C- or better

Must maintain 2.5 cumulative GPA at completion of 45 credits to take any 300+ course from PESH Dept. & graduate.