

Student Name:

Advisor:

| Professional Education Sequence—Prior to Admission | | |
|--------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|
| Sem Year | Course | ✓ |
| <i>C or better required in each course to progress</i> | | |
| F1 | EXSC 101 Introduction to Exercise Science (3) BIOL 203/204 Principles of Biology and Lab (4) | |
| F2 | BIOL 213 Anatomy & Physiology I or BIOL 307 Human Anatomy (4)** CHEM 105 General Chemistry I (4) | |
| S2 | NUTR 221 Human Nutrition (3) BIOL 214 Anatomy & Physiology II or BIOL 308 Human Physiology (4)** EXSC 208 Weight Control Through Diet & Exercise or EXSC 231 Fitness for Life (2) | |

** If BIOL 213 is chosen then BIOL 214 must also be taken. If BIOL 307 is chosen then BIOL 308 must also be taken.

| Content Preparation and General Education | |
|------------------------------------------------------------------------------------------------------|---|
| Suggested/Required timing | ✓ |
| General Education Core Taken in Order <i>C - or better required to progress</i> | |
| WRIT 101 Composition (3) | |
| HMXP 102 The Human Experience: Who Am I? (3) | |
| CRTW 201 Critical Reading, Thinking, & Writing (3) | |
| Other Content and General Education Requirements <i>C - or better required to progress</i> | |
| ACAD 101 Principles of the Learning Academy (1) <i>F1 Required</i> | |
| CSCI 101 Computers & Applications w/ 3 labs (A, B, C, F, or P) (3) | |
| Quantitative Skills: Select from list/Math placement test (3) | |
| PSYC 101 Intro to Psychology (3) | |
| PESH 102 Weight Training (1) | |
| Humanities: Gen Ed (select from list) (3) | |
| History or History/Constitution Ged Ed (select from list) (3) | |
| Social Science or Social Science/Constitution Ged Ed (select from list) (3) | |
| Global Gen Ed (select from list) (3) | |
| ORAL-INT Oral Communications Gen Ed (3) | |
| Electives: At least 6 hours | |
| Humanities Gen Ed (select from list) (3) | |
| PESH 201 First Aid & CPR (1) | |
| HLTH 300 Personal & Community Health (3) | |

| Cultural Events Tracker | | | |
|--------------------------------------------------------------------------|------|--------|-------------|
| <i>Teacher Candidates are encouraged to complete BEFORE Internship I</i> | | | |
| Year | Fall | Spring | Yearly Goal |
| 1 | | | 8 |
| 2 | | | 5 |
| 3 | | | 5 |

| Professional Education Sequence—After Admission | | |
|--------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|
| Sem Year | Course | ✓ |
| <i>C or better required in each course to progress</i> | | |
| F3 | EXSC 384/385 Exercise Physiology & Lab (4) HLTH 406 Exercise & Health Promotion (3) PESH 242 Motor Learning & Control (3) | |
| S3 | EXSC 480 Exercise Testing and Prescription (3) EXSC 382 Biomechanics (3) PESH 381 Research Methods in Physical Activity & SPMA (3) EXSC 511 Physical Activity for Special & Aging Populations (3) EXSC 401 Psychology of Sport & Physical Activity (3) | |
| F4 | EXSC 484/486 Exercise Physiology II and Lab (4) EXSC 465 Strength & Conditioning (3) EXSC 501 Administration of Sport & Phys Ed Programs (3) EXSC 481 Application of Exercise Testing & Prescription (1) | |
| S4 | EXSC 492 Certification Seminar in Exercise Science (1) EXSC 494 Portfolio in Exercise Science (2) EXSC 496 Internship in Exercise Science (9) | |

| Advising Topics | F1 | S1 | F2 | S2 | F3 | S3 | F4 |
|-------------------------------------------------------|----|----|----|----|----|----|----|
| Academic Success Center | * | * | * | | | | |
| 2.25 GPA by end of year 1 | * | * | | | | | |
| 2.50 GPA by end of year 2 | | * | * | | | | |
| Check Winthrop email | * | * | | | * | * | * |
| Deadlines & Course Fee Overview | | * | | * | | * | |
| Dispositions | * | * | | | * | | * |
| Follow College & Student Academic Services on Twitter | * | * | * | * | * | * | * |
| Interim Grades | * | * | * | * | * | * | * |
| Meeting Testing Requirement before year 2 | * | * | * | | | | |
| Professionalism in Field Courses | * | * | * | * | * | * | * |
| Study Abroad options (short-term and semester-long) | * | * | * | * | * | * | * |
| DegreeWorks Planner for digital record | * | * | * | * | * | * | * |
| Use of S/U and Repeat Options | * | * | * | * | | | |

*Recommended discussion points

| Recommended Credits | | |
|---------------------|-------|--------|
| Year | Fall | Spring |
| 1 | 17 | 16 |
| 2 | 15 | 16-17 |
| 3 | 14-16 | 15 |
| 4 | 15-18 | 12 |