

Student Name:

Advisor:

Professional Education Sequence—Prior to Admission		
Sem Year	Course	✓
F1	EXSC 101 Introduction to Exercise Science (1)	SFT 101
	HLTH 300 Personal & Community Health (3)	SFT 105
S1	BIOL 203/204 Principles of Biology/Lab (4)	BIO 101
	CHEM 105 General Chemistry I (4) (placement or CHEM 104 as pre-requisite)	CHM 110
	NUTR 221 Food & Nutrition (3)	
	EXSC 231 Scientific Foundations of Exercise (2)	SFT 109
F2	BIOL 213 Anatomy & Physiology I (4) <i>C- or better required</i>	BIO 210
S2	BIOL 214 Anatomy & Physiology II (4) <i>C- or better required</i>	BIO 211
	EXSC 208 Group Exercise Leadership (2)	SFT 107

Professional Education Sequence—After Admission		
Sem Year	Course	✓
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 Physiologist (2) OR EXSC 493 Certification Seminar Strength & Conditioning (2)	
	EXSC 494 Portfolio in Exercise Science (1)	
	EXSC 496 Internship in Exercise Science (9)	

Content Preparation and General Education	
<i>Suggested/Required timing</i>	✓
<i>General Education Core Taken in Order C - or better required to progress</i>	
WRIT 101 Composition (3)	ENG 101
HMXP 102 The Human Experience: Who Am I? (3)	
CRTW 201 Critical Reading, Thinking, & Writing (3)	
<i>Other Content and General Education Requirements 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)	CPT 101, 170 (1)
Quantitative Skills: Select from list/Math placement test (3)	*
PSYC 101 Intro to Psychology (3)	PSY 201
PESH 102 Weight Training (1)	SFT 110
PESH 201 First Aid & CPR (1)	
History or History/Constitution Ged Ed (select from list) (3)	HIS 201, 202 (1)
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)	SPC 205
Humanities Gen Ed (select from list) (3)	*
Humanities Gen Ed (select from list) (3)	*
Electives: At least 6 hours	*

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

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

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

\*See list on back

**QUANTITATIVE SKILLS:** MAT 103, 110, 130, 140 (choose 1)

**SOCIAL SCIENCE:** PSC 201, 215, 220; ECO 210, 211; SOC 101, 205 (choose 1)

**GLOBAL PERSPECTIVE:** ECD 108; ENG 208, 209; HIS 102; PSC 220 (choose 1)

**HUMANITIES & ARTS:** ART 101; ENG 201, 202, 205, 206, 208, 209, 214; HIS 201; MUST 105; PHI 101; THE 101 (choose 2)

**ELECTIVES:** Any transferrable course