

Suggested Term-by-Term Plan (based on 4 years/8 semesters)				General Education Expectations			
<b>Year 1</b>							
Fall <b>15</b> credits	ACAD 101 ..... 1 EXSC 101 ..... 1 HLTH 300 ..... 3 PESH 102 ..... 1 General Ed Core ..... 3 General Education (rec. Technology) ..... 3 General Education (rec. Quant) ..... 3	Spring <b>16</b> credits	EXSC 231 ..... 2 CHEM 105 ..... 4 BIOL 220/222 ..... 4 NUTR 221 ..... 3 General Ed Core ..... 3	<b>General Education Core</b> (must be taken in sequence; C- or better required) WRIT 101 ..... <input type="checkbox"/> HMXP 102 ..... <input type="checkbox"/> CRTW 201 ..... <input type="checkbox"/>  <b>Science Foundation Core</b> BIOL 213* ..... <input type="checkbox"/> BIOL 214* ..... <input type="checkbox"/> NUTR 221 ..... <input type="checkbox"/>  <b>General Education</b> ACAD 101 ..... <input type="checkbox"/> Constitution ..... <input type="checkbox"/> Global ..... <input type="checkbox"/> Historical Perspectives ..... <input type="checkbox"/> Humanities & Arts ..... <input type="checkbox"/> Humanities & Arts ..... <input type="checkbox"/> Intensive Writing (PESH 381) ..... <input type="checkbox"/> Natural Science (BIOL 220/222) ..... <input type="checkbox"/> Natural Science (CHEM 105) ..... <input type="checkbox"/> Oral Communication ..... <input type="checkbox"/> Physical Activity (PESH 102) ..... <input type="checkbox"/> Quantitative ..... <input type="checkbox"/> Social Science (PSYC 101) ..... <input type="checkbox"/> Social Science ..... <input type="checkbox"/> Technology (CSCI 101 + 3 labs: A, B, C, F or P) ..... <input type="checkbox"/>  Elective/Minor courses to reach 120 total hours ..... <input type="checkbox"/> Hours over 299 ..... <input type="checkbox"/>			
<b>Year 2</b>							
Fall <b>14 - 15</b> credits	BIOL 213 ..... 4 PSYC 101 ..... 3 General Ed Core ..... 3 General Education ..... 3 General Education/Elective ..... 1-2	Spring <b>16 - 17</b> credits	EXSC 208 ..... 2 BIOL 214 ..... 4 PESH 201 ..... 1 General Education ..... 3 General Education ..... 3 General Education/Elective ..... 3 - 4				
<b>Year 3</b>							
Fall <b>14 - 16</b> credits	EXSC 384/385 ..... 4 HLTH 406 ..... 3 PESH 242 ..... 3 General Education ..... 3 General Education/Elective ..... 1-3	Spring <b>15</b> credits	EXSC 480 ..... 3 EXSC 382 ..... 3 EXSC 401 ..... 3 PESH 381 ..... 3 EXSC 511 ..... 3				
<b>Year 4</b>							
Fall <b>14 - 16</b> credits	EXSC 465 ..... 3 EXSC 501 ..... 3 EXSC 484/486 ..... 4 EXSC 481 ..... 1 General Education ..... 3 General Education/Elective ..... 1-3	Spring <b>12</b> credits	EXSC 492 or 493 ..... 2 EXSC 494 ..... 1 EXSC 496 ..... 9				
<b>Concentration Coursework #</b>		<b>Electives</b> <i>Number of credits varies based on general education selections.</i>		After 45 hours, all majors must earn and maintain a 2.5 GPA in order to be eligible to take any 300 or above level courses from the Department of Physical Education, Sport and Human Performance.  * Students with credit for Anatomy and/or Physiology should discuss past coursework with an advisor before registering for BIOL 213 and BIOL 214.			
BIOL 220/222 ..... 4 <input type="checkbox"/>	EXSC 486 ..... 1 <input type="checkbox"/>						
CHEM 105 ..... 4 <input type="checkbox"/>	EXSC 494 ..... 1 <input type="checkbox"/>						
EXSC 481 ..... 1 <input type="checkbox"/>	EXSC 496 ..... 9 <input type="checkbox"/>						
EXSC 484 ..... 3 <input type="checkbox"/>	EXSC 511 ..... 3 <input type="checkbox"/>						

<b>Suggested Topics to discuss with Faculty Advisor</b>	
<ul style="list-style-type: none"> <li>• GPA Expectations</li> <li>• Support Services (Academic Success Center, Math Tutorial Center, etc.)</li> <li>• Check Winthrop email</li> <li>• Deadlines &amp; Course Fee Overview</li> <li>• Social Media for Announcements</li> <li>• Undergraduate Research</li> </ul>	<ul style="list-style-type: none"> <li>• Interim Grades</li> <li>• Professionalism in Field Courses</li> <li>• Study Abroad options (short-term and semester-long)</li> <li>• DegreeWorks Planner for digital record</li> <li>• Use of S/U and Repeat Options</li> <li>• Career Choices</li> </ul>