

Exercise Science - Health/Fitness Emphasis Roadmap

Program	Bachelor of Science: Exercise Science - Health/Fitness Emphasis
Total Credits	120
Catalog	2022-23

The plan below is **one** of several possible ways for you to complete this degree.

Your individualized plan may look different if you have already fulfilled some requirements.

Your Financial Aid Award may require additional term credits for full-time funding.

You must complete all university and program requirements successfully to complete this degree (GPA, 120 credits, LASC, WI, residency)

Curriculum	Course	Course Title	Credits	Take When	Total Credits
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120.00

1st Year

Core Requirement:	HLTH 110	Personal Health and Wellness	3.00	1st Fall	16.00
	LASC		3.00	1st Fall	
	First-Year Experience Course	FYE 101	1.00	1st Fall	
	LASC 1B	ENGL 101	3.00	1st Fall	
	LASC		3.00	1st Fall	
	LASC		3.00	1st Fall	
Core Requirement:	HLTH 125/AT 225	First Aid & CPR/AT Emergency Immediate Care	3.00	1st Spring	15.00
	LASC		3.00	1st Spring	
	LASC 1A	COMM 100	3.00	1st Spring	
	LASC		3.00	1st Spring	
	LASC		3.00	1st Spring	

2nd Year

Core Requirement:	HLTH 305	Introduction to Nutrition	3.00	2nd Fall	16.00
Core Requirement:	EXS 202	Strength & Conditioning Exercise Techniques	1.00	2nd Fall	
Core Requirement:	EXS 320	Anatomical Kinesiology	3.00	2nd Fall	
	LASC		3.00	2nd Fall	
	LASC/WI		3.00	2nd Fall	
Restricted Elective:			3.00	2nd Fall	
Core Requirement:	EXS 311	Motor Learning	2.00	2nd Spring	14.00
Core Requirement:	AT 220	Care & Prevention of Injuries & Illnesses	3.00	2nd Spring	
Restricted Elective:			3.00	2nd Spring	
Writing Intensive:	200-level or higher		3.00	2nd Spring	
	LASC		3.00	2nd Spring	

3rd Year

Core Requirement:	EXS 420	Biomechanics	3.00	3rd Fall	14.00
Core Requirement:	EXS 365	Exercise Program Design	3.00	3rd Fall	
Core Requirement:	EXS 302	Strength & Conditioning Program Design	2.00	3rd Fall	
Emphasis Course:	AT 321	Orthopaedic Clinical Assessment	3.00	3rd Fall	
Writing Intensive:	200-level or higher		3.00	3rd Fall	
Core Requirement:	HLTH 330	Disease Prevention	2.00	3rd Spring	17.00
Core Requirement:	AT 324	Therapeutic Exercise	3.00	3rd Spring	
Emphasis Course:	EXS 364	Group Exercise Leadership	3.00	3rd Spring	
Core Requirement:	EXS 321	Human Physiology	3.00	3rd Spring	
General Elective/Minor Course:			3.00	3rd Spring	
	LASC		3.00	3rd Spring	

4th Year

Core Requirement:	EXS 421	Physiology of Exercise	3.00	4th Fall	15.00
Core Requirement:	EXS 473	Exercise Testing and Interpretation	3.00	4th Fall	
Core Requirement:	WI for major	EXS 310	3.00	4th Fall	
Restricted Elective:			3.00	4th Fall	
General Elective/Minor Course:			3.00	4th Fall	
Core Requirement:	EXS 469	Internship	3.00	4th Spring	13.00
Core Requirement:	EXS 402	Strength & Conditioning Practicum	1.00	4th Spring	
General Elective/Minor Course:			3.00	4th Spring	
General Elective/Minor Course:			3.00	4th Spring	
General Elective/Minor Course:			3.00	4th Spring	