



## BS in Exercise Science

### Sample 4-Year Course Sequence

*Student's individualized schedule may vary. Each student should consult with an advisor to determine their plan of study. A total of 128 credit hours is required to graduate, with an average of 16 credit hours per semester.*

Course	Year 1		Year 2		Year 3		Year 4		TOT
	FA	SP	FA	SP	FA	SP	FA	SP	
<b>Major Coursework</b>									
Anatomy and Physiology I – lecture/lab	4								4
General Chemistry I – lecture/lab	4								4
Careers in Exercise Science	1								1
College Algebra (GCP)	3								3
Anatomy and Physiology II – lecture/lab		3							3
General Chemistry II – lecture/lab		3							3
Foundations of Exercise Science		3							3
Introduction to Psychology		3							3
Sports Com or Interpersonal Com or Phil (GCP)		*							
Essentials of Biology I – lecture/lab			5						5
College Physics I – lecture/lab			4						4
Science in the News (GCP)			*						
Composition (GCP)			*						
College Physics I – lecture/lab				4					4
Statistics				3					3
Principals of Athletic Training				3					3
Coaching Health & Human Performance				2					2
Exercise Physiology					3				3
Exercise Kinesiology – lecture/lab					4				4
Exercise Physiology						3			3
Exercise Prescription & Testing lecture/lab						4			4
Developmental Psychology						3			3
Research Methods							3		3
Exercise Science Internship							3		3
Exercise Prescription for Special Populations							3		3
Capstone Senior Thesis								4	4
<b>Total Credits for Major</b>									<b>75</b>
<b>University Coursework</b>									
Freshman Seminar	3								3
*GCP Courses		3	6	3	3	3	3	3	24
Keystone Seminar								3	3
General Electives				3	6	4	4	6	23
<b>Total Credits Per Semester</b>	<b>15</b>	<b>15</b>	<b>15</b>	<b>18</b>	<b>16</b>	<b>17</b>	<b>16</b>	<b>16</b>	<b>128</b>



## BS in Exercise Science with Study Abroad Sample 4-Year Course Sequence

*Student's individualized schedule may vary. Each student should consult with an advisor to determine their plan of study. A total of 128 credit hours is required to graduate, with an average of 16 credit hours per semester.*

Course	Year 1		Year 2		Year 3		Year 4		TOT
	FA	SP	FA	SP	FA	SP	FA	SP	
<b>Major Coursework</b>									
Anatomy and Physiology I – lecture/lab	4					S			4
General Chemistry I – lecture/lab	4					T			4
Careers in Exercise Science	1					U			1
College Algebra (GCP)	3					D			3
Anatomy and Physiology II – lecture/lab		3				Y			3
General Chemistry II – lecture/lab		3							3
Foundations of Exercise Science		3				A			3
Introduction to Psychology		3				B			3
Sports Com or Interpersonal Com or Phil (GCP)		*				R			
Essentials of Biology I – lecture/lab			5			O			5
College Physics I – lecture/lab			4			A			4
Science in the News (GCP)			*			D			
Composition (GCP)			*						
College Physics I – lecture/lab				4					4
Statistics				3					3
Principals of Athletic Training				3					3
Coaching Health & Human Performance				2					2
Exercise Physiology					3				3
Exercise Kinesiology – lecture/lab					4				4
Exercise Physiology							3		3
Exercise Prescription & Testing lecture/lab							4		4
Developmental Psychology				3					3
Research Methods							3		3
Exercise Science Internship							3		3
Exercise Prescription for Special Populations							3		3
Capstone Senior Thesis								4	4
<b>Total Credits for Major</b>									<b>75</b>
<b>University Coursework</b>									
Freshman Seminar	3								3
*GCP Courses		3	6		3	9	3		24
Keystone Seminar								3	3
General Electives			3	3	6	4	4	3	23
<b>Total Credits Per Semester</b>	<b>15</b>	<b>15</b>	<b>18</b>	<b>18</b>	<b>16</b>	<b>13</b>	<b>16</b>	<b>17</b>	<b>128</b>

