EXERCISE SCIENCE B.S.

General Education Requirements

I. Required Skills and Competencies 16 cr

___ ENG 106 Writing Intensive First Year Seminar OR
___ ENG 110 Advanced Placement Writing (3 cr)
May need ENG 050 Basic Writing first, based on test results
___ HCS 100 Intro to Human Communication (3 cr)
___ Mathematical Competency-Required

MAT 117 Applied Statistics (4 cr)
___ HIS 105 Historical Foundations of Global Cultures (3 cr) AND
___ HIS 106 Thinking Historically in a Global Age (3 cr)

II. Categories of Knowledge 34 cr

A: Logic/Numbers for Rational Thinking (3 cr)

B: Literary, Artistic & Cultural Traditions (9 cr)

C: Biological & Physical Sciences (10 cr)
___ BIO 161 Principles of Biology: Cell Structure & Function (4 cr) OR
___ BIO 162 Principles of Biology: Organismal Diversity (4 cr)
___ CHM 105 Chemistry: An Observational Approach (3 cr)
___ PHY 121 Introductory Physics (3 cr) fall only

D: Political, Economic & Geographic Science (6 cr)

E: Social & Behavioral Science (6 cr)
___ PSY 101 General Psychology (3 cr)
___ SOC 101 Intro to Sociology: Society and Diversity* (3 cr) OR
___ WST 100 Intro to Women's Studies* (3 cr)

III. Library Skills Completed as part of the First Year Writing Seminar or Advanced Writing course

Biology Minor Requirements 16 cr
___ BIO 161 Principles of Biology: Cell Structure & Function (4 cr) OR
___ BIO 162 Principles of Biology: Organismal Diversity (4 cr)
___ BIO 371 Human Anatomy (4 cr) fall only
___ BIO 350 Human Physiology (4 cr)
___ BIO 220, 260, 240, OR 224 (3 cr)
___ PHY 123 Introductory Physics I lab (1 cr)

Exercise Science Requirements 45-51 cr

___ ESC 244 Mechanical Analysis of Sport Skills (3 cr)
___ ESC 250 Introduction to Kinesiology (3 cr)
___ ESC 321 Exercise Physiology (4 cr)
___ ESC 333 Biomechanics (3 cr) Spring Only
___ ESC 336 Motor Behavior (3 cr)
___ ESC 340 Prevention and Care of Athletic Injuries (3 cr)
___ ESC 350 Nutrition for Sport and Fitness (3 cr)
___ ESC 352 Psychology of Physical Activity (3 cr)
___ ESC 353 Research Design and Stats for Ex. Sci. (3 cr)
___ ESC 400 Cardiac Rehabilitation & Special Populations (4 cr)
___ ESC 421 Exercise Physiology II (4 cr)
___ ESC 422 Exercise Testing and Prescription (3 cr)
___ ESC 424 Internship flexible credits (6 - 12 cr)

Free Electives (depends on Internship credits) 6-12 cr
___ ESC 200 Lifestyle Management (3 cr)
___ ESC 207 Stress Management (3 cr)
___ ESC 339 Exercise Science Seminar (1 cr) TBA
___ BIO 260 Genetics (3 cr)
___ BIO Seminar Careers in Health Sciences
SOC 275 Sociology of Sport and Leisure (3 cr) fall only
All students are required to acquire certifications by attending an American Red
Cross ARC or American Heart Association AHA workshop at the student’s expense.
All students doing an internship must hold current certifications at the student’s
expense: 1 First Aid, 2 CPR Certification, 3 Child Abuse Clearance, 4 Criminal
Record Clearance, and 5 TB Test.
Also, all internship students must have liability insurance.
Total Graduation Requirements 120 cr
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GPA Needed to Declare: 2.75
Admission to this major is competitive. Students must have earned a grade
of "C" or better in Principles of Biology 161 or 162 and must have a 2.75 GPA.
Students are eligible for a Biology minor. See department for specifics.
*Fulfills University diversity requirements
Helpful Hints for Advising:
Students should begin their Biology sequence in the freshman year and
must take 16 credits each semester during the freshman year.
Semester I BIO 161 Principles of Biology: Cell Structure & Function
Semester II BIO 162 Principles of Biology: Organismal Diversity
Semester III BIO 371 Human Anatomy
ESC 250 Introduction to Kinesiology
PHY 121 & 123 Introductory Physics I and Lab
Semester IV BIO 350 Human Physiology
ESC 244 Mechanical Analysis of Sport Skills
General Education courses should be completed in the first 2 years.
Physics is normally taken in the junior year.
Internship should be taken during the spring semester of the senior year.
Any student may enroll and complete any course in the Department of Exercise
Science. Prerequisites for any course must be complete prior to enrollment. Students
may complete no more than 3 Exercise Science major courses within the Department
of Exercise Science without admission into the Exercise Science major.