## FOUR YEAR TEMPLATE PLAN FOR EXERCISE SCIENCE STUDENTS

### FIRST YEAR

**Fall Semester** (16 credits)
- ENG 106 Writing Intensive First Year Seminar **OR**
- ENG 110 Advanced Placement Writing
- HIS 105 World History I
- MAT 102 Intro. to Statistics
- BIO 161 Principles of Biology I: Cell Structure & Function
- Humanities

**Spring Semester** (16 credits)
- HCS 100 Intro. to Human Comm.
- HIS 106 World History II
- CSC 103 Overview of Computer Sci. **OR**
- CSC 180 Microcomputer Basics
- PSY 101 General Psychology
- BIO 162 Principles of Biology II: Organismal Diversity

### SOPHOMORE YEAR

**Fall Semester** (16 credits)
- CHM 105 Chemistry: An Observational Approach
- SOC 101 Introduction to Sociology **OR**
- WST 100 Introduction to Women’s Studies
- ECO, GEO, or PLS
- BIO 371 Human Anatomy (Fall Only)
- ESC 250 Intro. to Kinesiology

**Spring Semester** (14 credits)
- Humanities
- ECO, GEO, or PLS
- BIO 350 Human Physiology
- ESC 200 Lifestyle Mgt. (Rec. Elective)
- ESC 244 Mechanical Analysis

### JUNIOR YEAR

**Fall Semester** (16 credits)
- PHY 121 Intro. to Physics
- ESC 321 Exercise Physiology I
- ESC 352 Psychology of Physical Activity
- BIO 301,302,303, or 304 Biology Seminar
- ENG 250 Intro. to Literature

**Spring Semester** (15 credits)
- ESC 333 Biomechanics (Spring Only)
- ESC 336 Motor Behavior (Spring Only)
- ESC 350 Nutrition for Sport & Fitness (Spring Only)
- ESC 420 Cardiac Rehab & Special Populations
- BIO 220 Microbiology, BIO 242 Ecology **OR** BIO 260 Genetics (Elective)

### SENIOR YEAR

**Fall Semester** (15 credits)
- ESC 353 Research & Design Stats for Exercise Science
- ESC 421 Exercise Physiology II
- ESC 422 Exercise Testing & Prescription
- Elective

**Spring Semester** (12 credits)
- ESC 424 Internship (6-12 Credits)