

FALL 2016

Course	Cr	Title	✓
HLT 101	1	Introduction to the Health Professions	
PSY 100	3	General Psychology	
_____	3	Art LAC course	
_____	3	Humanities LAC course	
FYS _____	3	First Year Seminar	
SPS 120	0.5	College Life	
EXS 100	3	Introduction to Exercise Science	

FALL 2017

Course	Cr	Title	✓
HLT 201	1	Health Professions II	
BIO 117	4	Human Anatomy and Physiology I	
_____	3	MAT 110 Probability and Statistics <i>or</i> BIO 248 Biostatistics	
ETL 235	3	Ethical Life	
_____	3	Global Studies LAC course	

FALL 2018

Course	Cr	Title	✓
EXS 200	4	Exercise Physiology I	
_____	3	Exercise Science elective*	
BUA 211	3	Introduction to Health Care Systems	
_____	3	Writing II LAC course	
_____	3-4	Mathematics and Logic LAC course	

FALL 2019

Course	Cr	Title	✓
_____	3	Exercise Science elective*	
EXS 301	3	Seminar in Exercise Science	
_____	3	Social Science LAC course	
_____	3	elective**	
_____	3	elective**	

SPRING 2017

Course	Cr	Title	✓
PSY 210	3	Lifespan Development	
_____	3	Humanities LAC course	
WRI 100	3	College Writing	
SPS 160	0.5	Exploring Your Future	
_____	3	Art LAC course	
EXS 202	3	Kinesiology	

SPRING 2018

Course	Cr	Title	✓
BIO 118	4	Human Anatomy and Physiology II	
NTR 210	3	Principles of Human Nutrition	
_____	3	Exercise Science elective*	
NTR 113	1	Nutrition & Fitness	
_____	3	elective**	

SPRING 2019

Course	Cr	Title	✓
EXS 300	4	Exercise Physiology II	
EXS 203	3	Prevention & Care of Injury	
HLT 301	1	Health Professions III	
EXS 201	3	Research Methods in Exercise Science	
_____	3	elective**	

SPRING 2020

Course	Cr	Title	✓
EXS 302	4	Exercise Testing and Prescription	
HLT 302	3	Health Sciences Capstone	
_____	3	elective**	
_____	3	elective**	
_____	3	elective**	

* Choose 3 courses from BIO, CHE, EXS, HLT, NTR, and PSY with advisor approval.

** Electives must be included to ensure that the overall total number of credits reaches the 120 credits needed to complete a degree.

Liberal Arts Curriculum (LAC) for Exercise Science majors

Natural Science: One must be a lab-based course
1. BIO 117
2. BIO 118
Arts: 6 cr. total, one must be a 3 cr. course*
1. _____
2. _____
Mathematics & Logic: 6 cr total, one mathematics course
1. MAT 110 or BIO 248
2. _____
Ethics: 3 cr.
1. ETL 235
Technology:
1. HLT 101, 201, 301, and 302
Oral Presentation:
1. HLT 101, 201, 301, and 302

Writing: 6 cr.
1. WRI 100
2. _____
Humanities: 6 cr. total from two disciplines*
1. _____
2. _____
Social Science: 6 cr. total from two disciplines*
1. PSY 100
2. _____
Global Studies: 3 cr.
1. _____
Information Literacy:
1. HLT 101, 201, 301, and 302

* The 4 disciplines used to fulfill the Humanities and Social Science requirements cannot be used to fulfill the Arts requirement.