

**FALL 2018**

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	
EXS 100	3	Introduction to Exercise Science	
CCC 101	0.5	College Life	

**SPRING 2019**

Course	Cr	Title	✓
PSY 210	3	Lifespan Development	
_____	3	Humanities LAC course	
WRI 100	3	College Writing	
_____	3	Art LAC course	
EXS 202	3	Kinesiology	
CCC 102	0.5	Exploring Your Future	

**FALL 2019**

Course	Cr	Title	✓
HLT 201	1	Health Professions II	
BIO 117	4	Human Anatomy and Physiology I	
_____	3	MAT 110 Probability and Statistics or BIO 248 Biostatistics	
ETL 235	3	Ethical Life	
_____	3	elective***	

**SPRING 2020**

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	
CCC 201	3	Sophomore Expedition	

**FALL 2020**

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	

**SPRING 2021**

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***	

**FALL 2021**

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

**SPRING 2022**

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, PHY or 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) and College-Wide Requirements

<b>Natural Science (SCI):</b> 7 cr. total, one must be a lab-based course
1. BIO 117 2. BIO 118
<b>Arts (ART):</b> 6 cr. total, one must be a 3 cr. course
1. _____ 2. _____
<b>Mathematics &amp; Logic (ML):</b> 6 cr. total, one must be a MAT course
1. MAT 110 or BIO 248 2. _____
<b>Ethics (ETH):</b> 1 course, 3 cr.
1. ETL 235
<b>Technology:</b>
1. HLT 101, 201, 301, and 302
<b>Oral Presentation:</b>
1. HLT 101, 201, 301, and 302

<b>Writing (WRI1, WRI2):</b> 2 courses, 6 cr. total
1. WRI 100 2. _____
<b>Humanities (HUM):</b> 2 courses, 6 cr. total
1. _____ 2. _____
<b>Social Science (SS):</b> 2 courses, 6 cr. total
1. PSY 100 2. PSY 210
<b>Global Studies (GS):</b> 1 course, 3 cr.
1. CCC 201
<b>Information Literacy:</b>
1. HLT 101, 201, 301, and 302