

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

FALL 2020

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

FALL 2021

Course	Cr	Title	✓
EXS 200	4	Exercise Physiology I	
EXS 201	3	Research Methods in Exercise Science	
BUA 211	3	Introduction to Health Care Systems	
_____	3	Writing II LAC course	
_____	3	Mathematics and Logic LAC course	

FALL 2022

Course	Cr	Title	✓
_____	3	Art LAC course	
_____	3	Humanities LAC course	
_____	3	Elective**	
_____	3	Elective**	
_____	3	Elective**	

SPRING 2020

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

SPRING 2021

Course	Cr	Title	✓
BIO 118	4	Human Anatomy and Physiology II	
HLT 104	3	Nutrition for Healthy Living	
_____	3	Exercise Science elective*	
NTR 113	1	Nutrition & Fitness	
CCC 201	3	Sophomore Expedition	

SPRING 2022

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

SPRING 2023

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

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

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