

EXERCISE SCIENCE, BS

Code	Title	Credits
Exercise Science Core Courses		
BIOL 200	Introduction to Cellular Biology	3
BIOL 200L	Introduction to Cellular Biology Lab	1
EXSC 100	Anatomical Kinesiology	3
EXSC 100L	Anatomical Kinesiology Lab	1
EXSC 101	Introduction to Exercise Science	2
EXSC 225	Nutrition	3
EXSC 300	Biomechanics of Human Motion	3
EXSC 325	Nutrition & Exercise	2
EXSC 350	Exercise Physiology	3
EXSC 350L	Exercise Physiology Lab	1
EXSC 360	Athletic Enhancement, Human Performance, & Exercise Leadership	2
EXSC 380	Community and Corporate Wellness and Health Promotion	3
EXSC 390	Fitness Assessment	2
EXSC 400	Motor Learning & Development	2
EXSC 475	Capstone Research	3
EXSC 480	Principles of Training & Conditioning	2
EXSC 490	Exercise Prescription	2
EXSC 499	Professional Practicum ¹	1-12
MATH 200	Introduction to Statistics	3
MATH 201	Statistical Software	1
PSYC 101	General Psychology	3
ENG 360	Scientific & Technical Writing	3
or EXSC 488	Professional Communication	
Select one Chemistry course with corresponding lab:		4
CHEM 121	Basic Chemistry	
CHEM 121L	Basic Chemistry Lab	
CHEM 231	General Chemistry I ²	
CHEM 231L	General Chemistry I Lab ²	
Emphasis Areas		
Select one emphasis:		15-16
<i>Allied Health</i>		
BIOL 104	Medical Terminology	
BIOL 305	Human Anatomy & Physiology I	
BIOL 305L	Human Anatomy & Physiology I Lab	
BIOL 306	Human Anatomy & Physiology II	
BIOL 306L	Human Anatomy & Physiology II Lab	
EXSC 450	Advanced Exercise Physiology Lecture/Seminar	
EXSC 450L	Advanced Exercise Physiology Lab	
ENVS 390	Research Methods in Environmental Science	
or EXSC 375	Research Methods	
<i>Exercise Specialist</i>		
BIOL 305	Human Anatomy & Physiology I	
BIOL 305L	Human Anatomy & Physiology I Lab	
BIOL 306	Human Anatomy & Physiology II	
BIOL 306L	Human Anatomy & Physiology II Lab	
EXSC 180	Principles of Fitness and Wellness	

or PE 249 Physical Fitness Concept

Select six credits of Electives:	
BLAW 305	Business Law I: Legal Environment and Contract Law
EXSC 401	Human Kinematics
EXSC 450	Advanced Exercise Physiology Lecture/Seminar
EXSC 488	Professional Communication ³
FIN 330	Financial Management for Small Business
MGMT 300	Management Principles
MKTG 301	Principles of Marketing
PSYC 301	Sport & Performance Psychology

Total Credits **68-80**

¹ Must be taken for 3 credits.

² Required for the Allied Health Emphasis.

³ If EXSC 488 is used as a substitute course in the Exercise Core, it cannot also be used as an elective.