

B.S. Exercise and Sports Science Strength and Conditioning

Suggested 4-year plan of study

First Year

Fall

Course Number	Course Title	Credits (16)
ENGL 1100	Writing I (W)	3
EXSS 1011	Introduction to EXSS	3
BIOL 1200	Anatomy and Physiology I	4
FYE	First Year Experience (R & IL)	3
MATH 1700	Applied Statistics (QR)	3

Spring

Course Number	Course Title	Credits (17)
ENGL 1200	Writing II (W&IL)	3
BIOL 1300	Anatomy and Physiology II	4
PSY 1100	Intro to Psychological Science (PL)	3
EXSS 1450	Weight Training for Athletes	1
	Gen Ed (WS)	3
	Gen Ed/Exploration	3

Sophomore Year

Fall

Course Number	Course Title	Credits (16)
EXSS 2065	Research Methods	3
EXSS 2071	Exercise Physiology I (SI)	4
EXSS 2050	Functional Anatomy	3
	Gen Ed/Exploration	3
	Gen Ed/Exploration	3

Spring

Course Number	Course Title	Credits (15)
EXSS 2400	Health Promotion (PW)	3
EXSS 2072	Exercise Physiology II	4
EXSS 3120	Strength and Conditioning	3
EXSS 3012	Practicum in Strength and Conditioning*(see note below)	2
EXSS 2023	Introduction to Sports Medicine	3

Junior Year

Fall

Course Number	Course Title	Credits (14)
EXSS 2300	Nutrition for Exercise and Sport	3
EXSS 3012	Practicum in Strength and Conditioning	2
EXSS 4200	Professional and Career Development	3
	Gen Ed/Exploration	3
	Free Elective	3

Spring

Course Number	Course Title	Credits (15)
EXSS 3450	Exercise Testing and Prescription	4
EXSS 3012	Practicum in Strength and Conditioning	2
EXSS 2660	Psychology of Sport and Exercise	3
	Gen Ed/Exploration	3
	Free elective	3

Senior Year

Fall

Course Number	Course Title	Credits (15)
EXSS 3012	Practicum in Strength and Conditioning	2
EXSS 4005	Biomechanics & Motor Control of Human Movement	4
EXSS 4040	Fitness Management	3
	Gen Ed/Exploration	3
	Free Elective	3

Spring

Course Number	Course Title	Credits (12)
EXSS 4950	Internship	6
	Free Elective	3
	Free Elective	3

Completion of 120 credits is required for graduation

Note: * Course will be repeated for the subsequent 3 semesters for a total of 8 credits.

General Education

Foundation (3 credits each)

- Reading & Info Literacy First-Year Exper. (R & IL)
- Writing (W): Writing I
- Writing & Info. Literacy (W & IL): Writing II
- Quantitative Reasoning (QR)
- World Languages, Speaking and Listening (WS)

Exploration (3 credits each)

- Civic Learning (CV)
- Diverse Perspectives (DP)
- Ethical Reasoning (ER)
- Fine Arts Expression & Analysis (FA)
- Historical Inquiry & Analysis (HI)
- Literary Inquiry & Analysis (LI)
- Personal Wellness (PW)
- Procedural & Logical Thinking (PL)
- Scientific Inquiry & Analysis (SI)

General Education: MAJ

There may be major courses that have been approved to fulfill up to 3 General Education requirements (at least 9 credits). Varies by major and concentration.