

Suggested Four-Year Plan of Study

Exercise and Sports Science



Strength and Conditioning

FRESHMAN YEAR

Fall Semester 16 Credits

ENGL 1100	Writing I	3
EXSS 1011	Introduction to EXSS	3
BIOL 1200	Anatomy and Physiology I	4
MATH 1700	Applied Statistics (QR)	3
FYE	First Year Experience	3

Spring Semester 16 Credits

ENGL 1200	Writing II.....	3
BIOL 1300	Anatomy and Physiology II	4
PSY 1100	Intro to Psychological Science (PL)	3
	Gen Ed/WS	3
	Gen Ed/Exploration	3

JUNIOR YEAR

Fall Semester 14 Credits

EXSS 2300	Nutrition for Exercise and Sport	3
EXSS 3012	Practicum in Strength and Conditioning 1-B.....	1
EXSS 4200	Professional & Career Development ...	3
EXSS 1450	Weight Training for Athletes	1
	Gen Ed/ Exploration	3
	Free elective	3

Spring Semester 14 Credits

EXSS 3450	Exercise Testing & Prescription	4
EXSS 3001	Assessment-Strength & Conditioning ..	1
EXSS 2660	Psychology of Sport and Exercise	3
EXSS 4002	Practicum in Strength and Conditioning 2-A	2
	Free elective	4

General Education: Foundation

3 credits Reading and Information Literacy (R and IL): First Year Experience
 3 credits Writing (W): Writing I
 3 credits Writing and Information Literacy (W and IL): Writing II
 3 credits Quantitative Reasoning (QR) (MATH)
 3 credits World Languages, Speaking and Listening (WS)

General Education: Exploration

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

SOPHMORE YEAR

Fall Semester 16 Credits

EXSS 2050	Functional Anatomy	3
EXSS 2065	Research Methods	3
EXSS 2071	Exercise Physiology I	4
	Gen Ed/ Exploration	3
	Gen Ed/ Exploration	3

Spring Semester 17 Credits

EXSS 2400	Health Promotion (PW)	3
EXSS 2072	Exercise Physiology II	4
EXSS 3120	Strength & Conditioning	3
EXSS 2023	Introduction to Sports Medicine	3
EXSS 3011	Practicum in Strength and Conditioning 1-A.....	1
	Gen Ed/ Exploration	3

SENIOR YEAR

Fall Semester 15 Credits

EXSS 4003	Practicum in Strength and Conditioning 2-B	2
EXSS 4005	Biomechanics & Motor Control of Human Movement	4
EXSS 4040	Fitness Management.....	3
	Gen Ed/ Integration (AIA)	3
	Gen Ed/ Exploration	3

Spring Semester 12 Credits

EXSS 4950	Internship (AIA/IHIP)	6
	Gen Ed/ Integration (AIA)	3
	Gen Ed/ Exploration	3

General Education: Integration

9 credits AIA (3 of which must be Integrative High Impact Practice - IHIP)
 OR
 Minor (professional majors completing a minor or second major must include at least 9 credits in LA&S disciplines for that minor)

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.

Suggested 4-year plan of study. Completion of 120 credits required for graduation.