

# 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 1460 | First Aid & CPR .....                            | 1 |
| EXSS 3001 | Assessment-Strength & Conditioning ..            | 1 |
| EXSS 4000 | Fundamentals of Coaching .....                   | 3 |
| EXSS 4002 | Practicum in Strength and Conditioning 2-A ..... | 2 |
|           | Free elective .....                              | 3 |

#### 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.