

### Clinical Exercise Physiology—Pre-Athletic Training Track

#### FRESHMAN YEAR

<b>Fall Semester</b>	<b>17 Credits</b>
ENGL 1100	Writing I .....3
EXSS 1011	Introduction to EXSS .....3
BIOL 1200	Anatomy and Physiology I .....4
BIOL 1800	General Biology I .....4
FYE	First Year Experience .....3

<b>Spring Semester</b>	<b>16 Credits</b>
ENGL 1200	Writing II.....3
MATH 1700	Applied Statistics (QR) .....3
BIOL 1300	Anatomy and Physiology II .....4
PSY 1100	Intro to Psychological Science (PL) .....3
	Gen Ed/WS .....3

#### SOPHMORE YEAR

<b>Fall Semester</b>	<b>17 Credits</b>
EXSS 2050	Functional Anatomy .....3
EXSS 2065	Research Methods .....3
EXSS 2071	Exercise Physiology I .....4
CHEM 1300	General Chemistry I (SI) .....4
	Gen Ed/ Exploration .....3

<b>Spring Semester</b>	<b>15 Credits</b>
EXSS 2400	Health Promotion (PW) .....3
EXSS 2072	Exercise Physiology II .....4
<b>CHEM 1400</b>	<b>General Chemistry II</b> .....4
<b>MATH 1300 or</b>	<b>Precalculus or Calculus</b> .....4
<b>MATH 2300</b>	

#### JUNIOR YEAR

<b>Fall Semester</b>	<b>13 Credits</b>
EXSS 2300	Nutrition for Exercise and Sport .....3
Or 3000	Or Applied Nutrition
EXSS 3120	Strength & Conditioning .....3
EXSS 4200	Professional & Career Development ...3
<b>PHYS 2300</b>	<b>General Physics I</b> .....4

<b>Spring Semester</b>	<b>16 Credits</b>
EXSS 3450	Exercise Testing & Prescription .....4
EXSS 4045	Cardiovascular & Electrophysiology ....3
<b>EXSS 2023</b>	<b>Introduction to Sports Medicine</b> .....3
	Gen Ed/Exploration .....3
	Gen Ed/Integration (AIA).....3

#### SENIOR YEAR

<b>Fall Semester</b>	<b>13 Credits</b>
EXSS 3600	Exercise Response & Adaptation in Special Populations .....3
EXSS 4005	Biomechanics & Motor Control of Human Movement .....4
	Gen Ed/ Exploration .....3
	Gen Ed/ Exploration .....3

<b>Spring Semester</b>	<b>15 Credits</b>
EXSS 4040	Fitness Management.....3
EXSS 4950	Internship (AIA/IHIP) .....6
	Gen Ed/ Exploration .....3
	Gen Ed/ AIA .....3

*Courses in bold indicate prerequisite courses for physical therapy programs. They are not required by the clinical concentration at Fitchburg State University*

#### 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)

#### 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.**