

Suggested Four-Year Plan of Study

Exercise and Sports Science



Fitness Management

FRESHMAN YEAR

Fall Semester	16 Credits
ENGL 1100	Writing I3
EXSS 1011	Introduction to EXSS3
BIOL 1200	Anatomy and Physiology I4
MATH 1700	Applied Statistics (QR)3
FYE	First Year Experience3

Spring Semester	16 Credits
ENGL 1200	Writing II.....3
BSAD 1700	CIS for Business3
BIOL 1300	Anatomy and Physiology II4
PSY 1100	Intro to Psychological Science (PL)3
	Gen Ed/WS3

SOPHMORE YEAR

Fall Semester	17 Credits
EXSS 2050	Functional Anatomy3
EXSS 2065	Research Methods3
EXSS 2071	Exercise Physiology I4
CHEM 1300	General Chemistry I (SI)4
BSAD 3200	Principles of Management3

Spring Semester	16 Credits
EXSS 2400	Health Promotion (PW)3
EXSS 2072	Exercise Physiology II4
BSAD 3300	Fundamentals of Marketing3
ECON 1200	Principles of Microeconomics3
	Gen Ed/ Exploration3

JUNIOR YEAR

Fall Semester	15 Credits
EXSS 2300	Nutrition for Exercise and Sport3
Or 3000	Or Applied Nutrition
EXSS 3120	Strength & Conditioning3
EXSS 4200	Professional & Career Development ...3
BSAD 2010	Introduction to Financial Reporting3
	Gen Ed/ Exploration3

Spring Semester	13 Credits
EXSS 3450	Exercise Testing & Prescription4
BSAD 2020	Intro to Managerial Accounting3
	Gen Ed/ Exploration3
	Gen Ed/ Exploration3

SENIOR YEAR

Fall Semester	15 Credits
EXSS 3600	Exercise Response & Adaptation in Special Populations3
EXSS 4005	Biomechanics & Motor Control of Human Movement4
BSAD 3500	Business Law I (ER).....3
	Gen Ed/ Exploration3
	Free elective2

Spring Semester	12 Credits
EXSS 4040	Fitness Management.....,3
EXSS 4950	Internship6
	Free elective3

Students must complete a business minor to fulfill the Integration portion of the general education curriculum.

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.