

## Four-Year Course Plan – B.A. in Exercise Science – Major Courses Only

	FALL		SPRING	
YEAR ONE	HSS 170 Introduction to Exercise Science	4	BIOL 125 Human Physiology	4
	<b>Total Major Credits</b>	<b>4</b>	<b>Total Major Credits</b>	<b>4</b>
YEAR TWO	HSS 204 Applied Anatomy	4	HSS 270 Care and Prevention of Sport Injuries	2
	HSS 250 Nutrition	4	HSS 273 Motor Learning*	2
	HSS 220 Event and Facility Management*	4	HSS 275 Biomechanics*	2
	<b>Total Major Credits</b>	<b>12</b>	<b>Total Major Credits</b>	<b>6</b>
YEAR THREE	HSS 373 Exercise Testing and Prescription	4	HSS 370 Exercise Physiology	4
			HSS 375 Exercise for Special Populations	4
	<b>Total Major Credits</b>	<b>4</b>	<b>Total Major Credits</b>	<b>8</b>
YEAR FOUR	HSS 377 Principles of Strength and Conditioning	4	HSS 470 Senior Capstone	2
	HSS 491 Internship	2		
	<b>Total Major Credits</b>	<b>6</b>	<b>Total Major Credits</b>	<b>2</b>
<b>TOTAL MAJOR CREDITS BY GRADUATION</b>				<b>46</b>

\*8 credits of electives chosen from HSS 220, HSS 224, HSS 230, HSS 273, HSS 275, PSYC 201 (or other statistics course), or PSYC 202