

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

	FALL		SPRING	
YEAR ONE	HSS 170 Introduction to Exercise Science	4	HSS Elective	4
	BIOL 170 Concepts of Biology I	5	BIOL 180 Concepts of Biology II	5
YEAR TWO	HSS 350 Gross Anatomy	4	HSS 351 Human Physiology	4
	DATA 227 Data Analysis (<i>OR PSYC 201</i> Statistics <i>OR BUSN 210</i> Statistics)	4	HSS Elective	4
YEAR THREE	HSS 370 Exercise Physiology	4	HSS Elective	4
	CHEM 121 Models of Chemical Systems I	5	CHEM 162 Models of Chemical Systems II	5
YEAR FOUR	HSS 473 Exercise Testing and Prescription	4	HSS 470 Senior Capstone	2
	HSS Elective	4	HSS Elective	4

TOTAL MAJOR CREDITS BY GRADUATION: 66-68

Exercise Science Group I Electives (8 credits)

- ENGL 335TF Narrative Medicine (4)
- ENGL 352TA Reading the Body (4)
- PHIL 110 Logic and Critical Reasoning (4)
- PHYS 201 Physics I (5)
- PHYS 202 Algebra-based Physics II (5)
- PSYC 101 Introduction to Psychology (4)
- PSYC 202 Experimental Design (5)
- PSYC 212 Health Psychology (4)
- PSYC 213 Psychopharmacology (4)
- PSYC 230 Lifespan Development (2-3)
- PSYC 251 Abnormal Psychology (4)
- PSYC 252 Child Abnormal Psychology (4)
- PSYC 280 Psychology of Cultural Diversity (4)
- RELI 213 Religion and Medicine (4)

Exercise Science Group II Electives (12 credits)

- BIOL 221 Pharmacology (4)
- BIOL 223 Pathophysiology (4)
- CHEM 201 Organic Chemistry I (5)
- CHEM 305 Molecular Toxicology (4)
- HSS 220 Event Planning and Facility Management (4)
- HSS 222 Sport Marketing (4)
- HSS 230 Sport Psychology (4)
- HSS 250 Nutrition (4)
- HSS 270 Care and Prevention of Athletic Injuries (2)
- HSS 273 Motor Learning (4)
- HSS 275 Biomechanics (4)
- HSS 280 Techniques in Weight Training (2)
- HSS 281 Techniques in Aerobic Training (2)
- HSS 375 Exercise for Special Populations (4)
- HSS 377 Strength and Conditioning (4)
- HSS 491 Internship (1-4)

Exercise Science Required Courses (22-24 credits)

- **HSS 170** Introduction to Exercise Science (4)
- Anatomy courses: (8 or 10 credits)
 - **HSS 350** Gross Anatomy (4) *AND* **HSS 351** Human Physiology (4)
 - OR* ◦ **BIOL 325** Anatomy & Physiology I (5) *AND* **BIOL 326** Anatomy & Physiology II (4) *AND* **BIOL 327** Anatomy & Physiology II Lab (1)
- **HSS 370** Exercise Physiology (4)
- **HSS 473** Exercise Testing and Prescription (4)
- **HSS 470** Senior Capstone (2)

Required in Related Departments (24 credits)

- **BIOL 170** Concepts in Biology I (5)
- **BIOL 180** Concepts in Biology II (5)
- **CHEM 121** Models of Chemical Systems I (5)
- **CHEM 162** Models of Chemical Systems II (5)
- One statistics course from:
 - **BUSN 210** Business and Economic Statistics (4)
 - **DATA 227** Introductory Statistics (4)
 - **PSYC 201** Statistics (4)