

Four-Year Course Plan – BS in Exercise Science w/ Strength and Conditioning Concentration				
	FALL		SPRING	
YEAR ONE	EXSC 170 Introduction to Exercise Science BIOL 170 Concepts of Biology I	4 5	BIOL 180 Concepts of Biology II	5
YEAR TWO	EXSC 350 Gross Human Anatomy (Prereq. BIOL 170 or BIOL 180) DATA 227 Data Analysis	4 4	EXSC 351 Human Physiology (Prereq. BIOL 170 or BIOL 180) EXSC 285 Biomechanics	4 4
YEAR THREE	CHEM 121 Models of Chemical System I EXSC 370 Exercise Physiology (Prereq. EXSC 350 and EXSC 351) EXSC 255 Resistance Training Methods	5 4 2	CHEM 162 Models of Chemical System II EXSC 315 Application in SC Method EXSC 377 Strength and Cond. (prereq. EXSC 370) EXSC 250 Nutrition (prereq. CHEM 121)	5 2 4 4
YEAR FOUR	EXSC 473 Exercise Testing and Prescription (Prereq. EXSC 370) EXSC 491 Internship	4 1+	EXSC 470 Senior Capstone EXSC 491 Internship SPMG 235 Psychology of Sport and Exercise	2 1+ 4
TOTAL MAJOR CREDITS BY GRADUATION				66
<p>Required for Strength and Conditioning Concentration (22 credit hours) EXSC 235 Psychology of Sport & Exercise (4) EXSC 250 Nutrition (4) EXSC 255 Resistance Trainign Methods (2) EXSC 285 Biomechanics (4) EXSC 315 Application in Strength and Conditioning Methods (2) EXSC 377 Principle of Strength and Conditioning (4) EXSC 491 Internship (2+)</p> <ul style="list-style-type: none"> The field experiences in the Strength and Conditioning Concentration have to meet the following requirements: <ol style="list-style-type: none"> A minimum of 300 hours of contact time with a minimum of two substantially different experiences that include two or more of the following categories: sport, gender, age range, or other. Two different supervisors (does not require experiences at two different sites). Minimum of 75 hours per experience. One experience must be at least 6 weeks in length. 		<p>Exercise Sciecne Required Courses (22 Credit hours) EXSC 170 Introduction to Exercise Science (4) Anatomy course (8 or 10 credits) <ul style="list-style-type: none"> EXSC 350 Gross Human Physiology (4) + EXSC 351 Human Physiology (4) OR BIOL 325 Anatomy& Physiology I (5) + BIOL 326 Anatomy & Physiology II (4) + BIOL 327 AP II Lab (1) EXSC 370 Exercise Physiology (4) EXSC 473 Exercise Testing and Prescription (4) EXSC 470 Senior Capstone (2)</p> <p>Required in Related Department (24 credit hours) BIOL 170 Concepts of Biology I (5) BIOL 180 Concepts of Biology II (5) CHEM 121 Models of Chemical System I (5) CHEM 162 Models of Chemical System II (5) DATA 227 Data Analysis (4) (OR PSYC 201 Statistics OR BUSI 210 Statistics)</p>		

Updated by 5/1/2026