

General Education

Foundations: (12 Credits)

Oral Communication (3 Credits)

Written Communication (3 Credits)

ENGL 1200 College Composition

Quantitative Reasoning (3 Credits)

MATH 1010 Quantitative Reasoning

Technological Literacy (3 Credits)

EXSC 1840 Tech Integ. for Health and Fit

Discoveries: (Credits 27)

Art/Humanities (9 Credits)

Social Sciences (9 Credits)

SPT 2050 Sport Ethics & Integ

Natural Sciences & Technology (9 Credits)

EXSC 1310 App Anat and Phys Ex Well

EXSC 1315 App Anat and Phys Ex Well II

Wellness & Personal Health: (3 Credits)

SPT 3000 Peak Performance in Sport

Competencies:

Quantitative Applications

EXSC 3314 Kinesiology

Applied Methodologies

EXSC 3350 Exercise Physiology

Intercultural Fluency

Ethical Reasoning

SPT 2050 Sport Ethics & Integ

Information Literacy

Writing Intensive

EXSC 3314 Kinesiology and Any Course

Keystone Experience

EXSC 4952 Internship in Nutrition & Fit.

Program Requirements

Required Major Courses: (6 Credits)

EXSC 3314 Kinesiology

EXSC 3350 Exercise Physiology

Required Concentration Courses: (54 Credits)

CHEM 2680 Nutritional Science

EXSC 1100 Introduction to Fitness

EXSC 2260 Sports Nutrition

EXSC 2286 Cardio & Resist Train Tech

EXSC 3105 Motivation in Well & Fitness

EXSC 3150 Fitness for Special Population

EXSC 3232 Nutrition & Fitness for Women

EXSC 3233 Fitness for Wellness

EXSC 3234 Food, Fitness Wt Mgmt

EXSC 3240 Nutrition Education

EXSC 4120 Trends and Issues in Fitness

EXSC 4202 Nutrition and Fitness Sem 2

EXSC 4206 Ath Inj: Prev, Recog Eva

EXSC 4210 Nutrition II

EXSC 4225 Nutrition Assess & Counseling

EXSC 4231 Fitness Assessment & Prescrip

EXSC 4952 Internship in Nutrition & Fit.

SPT 4235 Risk Management for Sports

Free Electives: (18 Credits)

Suggested Four Year Course Sequence

Year 1

Fall Semester

ABCD 1234 - Course Name
ABCD 1234 - Course Name
ABCD 1234 - Course Name
ABCD 1234 - Course Name
ABCD 1234 - Course Name

Spring Semester

ABCD 1234 - Course Name
ABCD 1234 - Course Name
ABCD 1234 - Course Name
ABCD 1234 - Course Name
ABCD 1234 - Course Name

Year 2

Fall Semester

ABCD 1234 - Course Name
ABCD 1234 - Course Name
ABCD 1234 - Course Name
ABCD 1234 - Course Name
ABCD 1234 - Course Name

Spring Semester

ABCD 1234 - Course Name
ABCD 1234 - Course Name
ABCD 1234 - Course Name
ABCD 1234 - Course Name
ABCD 1234 - Course Name

Year 3

Fall Semester

ABCD 1234 - Course Name
ABCD 1234 - Course Name
ABCD 1234 - Course Name
ABCD 1234 - Course Name
ABCD 1234 - Course Name

Spring Semester

ABCD 1234 - Course Name
ABCD 1234 - Course Name
ABCD 1234 - Course Name
ABCD 1234 - Course Name
ABCD 1234 - Course Name

Year 4

Fall Semester

ABCD 1234 - Course Name
ABCD 1234 - Course Name
ABCD 1234 - Course Name
ABCD 1234 - Course Name
ABCD 1234 - Course Name

Spring Semester

ABCD 1234 - Course Name
ABCD 1234 - Course Name
ABCD 1234 - Course Name
ABCD 1234 - Course Name
ABCD 1234 - Course Name

