

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

EXSC 4370 Research in Human Performance

Writing Intensive

EXSC 3314 Kinesiology and Any Course

Keystone Experience

EXSC 4370 Research in Human Performance

Program Requirements

Required Major Courses: (51 Credits)

EXSC 1100 Introduction to Fitness

EXSC 2260 Sports Nutrition

EXSC 2323 Intro Strength & Cond

EXSC 2365 Health Emergencies

EXSC 3220 Health Promotion

EXSC 3314 Kinesiology

EXSC 3350 Exercise Physiology

EXSC 3360 Adapted Physical Education

EXSC 3365 Exercise Testing & Pre

EXSC 4125 Eval Res in Fit and Well

EXSC 4953 Internship in Exercise Science

SPT 3150 Facility & Event Management

SPT 4235 Risk Management for Sports

SPT 4250 Organization & Admin of Sport

Required Concentration Courses: (9 Credits)

EXSC 4306 Worksite Field Experience

EXSC 4370 Research in Human Performance

EXSC 4500 Exercise Physiology II

Free Electives: (18 Credits)

Suggested Four Year Course Sequence

Year 1

Fall Semester

MATH 1010 Quantitative Reasoning
EXSC 1100 Introduction to Fitness
EXSC 1840 Technology and Integration
EXSC 2260 Sports Nutrition
Gen. Ed. and, or Electives

Spring Semester

EXSC 2365 Health Emergencies
SPT 2050 Sports Ethics
SPT 3000 Peak Performance in Sport
Gen. Ed. and, or Electives

Year 2

Fall Semester

EXSC 1310 Anatomy & Physiology I
EXSC 2323 Intro to Strength & Conditioning
Gen. Ed. and, or Electives

Spring Semester

EXSC 1315 Anatomy & Physiology II
EXSC 3220 Health Promotion
Gen. Ed. and, or Electives

Year 3

Fall Semester

EXSC 3350 Exercise Physiology I
EXSC 4125 Evaluating Research in Fit. & Well.
SPT 3150 Facility & Event Management
Gen. Ed. and, or Electives

Spring Semester

EXSC 3360 Adapted PE
EXSC 4370 Research Methods
EXSC 4500 Exercise Physiology II
SPT 4235 Risk Management
Gen. Ed. and, or Electives

Year 4

Fall Semester

EXSC 3314 Kinesiology
EXSC 3365 Exercise Testing & RX
EXSC 4306 Field Experience
SPT 4250 Org. & Ad. Of Sport
Gen. Ed. and, or Electives

Spring Semester

EXSC 4953 Internship in Exercise Science

