

General Education

Foundations: (12 Credits)

Oral Communication (3 Credits)

Written Communication (3 Credits)

ENGL 1200 College Composition

Quantitative Reasoning (3 Credits)

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 4130 Appl. in Fit & Well Research

Writing Intensive

EXSC 4125 Eval Res in Fit and Well and Any Course

Keystone Experience

EXSC 4110 Wellness & Hum. Perf. Capstone

Program Requirements

Required Major Courses: (6 Credits)

EXSC 3314 Kinesiology

EXSC 3350 Exercise Physiology

Required Concentration Courses: (45 Credits)

EXSC 1100 Introduction to Fitness

EXSC 1125 Fundamentals of Speed Training

EXSC 2150 Cur Top & Strat Youth Fitness

EXSC 2260 Sports Nutrition

EXSC 2323 Intro Strength & Cond

EXSC 3100 Business Aspects of Fitness

EXSC 3105 Motivation in Well & Fitness

EXSC 3125 Intged Personal Fitness Train

EXSC 3135 Integratd Pers Fitness Pgm Des

EXSC 3180 Wellness & Fit for Aging Pop

EXSC 4105 Wellness Seminar I

EXSC 4110 Wellness Seminar I

EXSC 4125 Eval Res in Fit and Well

EXSC 4130 Appl. in Fit & Well Research

SPT 4000 Legal Aspects of Sport

Concentration Electives: (9 Credits)

EXSC 3150 Fitness for Special Population

EXSC 4101 Ldrshp Con & Act in Well & Fit

EXSC 4120 Trends and Issues in Fitness

EXSC 4951 Exercise Science Internship*

*Internship that can be taken in lieu of the the three didactic courses above. This is a 9 credit internship

Free Electives: (18 Credits)

Suggested Four Year Course Sequence

Year 1

Fall Semester

EXSC 1100 Introduction to Fitness
EXSC 1310 Anatomy & Physiology I
EXSC 1125 Fund. Of Speed Training
SPT 3000 Peak Performance in Sport
Gen. Ed. and, or Electives

Spring Semester

EXSC 1315 Anatomy & Physiology II
EXSC 2260 Sport Nutrition
EXSC 1840 Tecnology & Integration
SPT 2050 Sport Ethics
Gen. Ed. and, or Electives

Year 3

Fall Semester

EXSC 2323 Intro. To Strength & Cond.
EXSC 3180 Well. & Fit. For the Aging Population
EXSC 4105 Wellness Seminar I
EXSC 4125 Evaluating Research in Well. & Fit
EXSC 4130 Apps. of Fit. & Well. Research
Gen. Ed. and, or Electives

Spring Semester

EXSC 4110 Wellness & Human Preformance
EXSC 4120 Contmep. Issues in Well. & Fit
EXSC 3150 Fitness for Special Populations
EXSC 4101 Ldrshp Concpt. & Act. In Well.
Gen. Ed. and, or Electives

Year 2

Fall Semester

EXSC 3100 Business Aspects of Fitness
EXSC 3105 Motivate. Strat. in Well. & Fit.
EXSC 3314 Kinesiology
SPT 4000 Legal Aspects of Sport
Gen. Ed. and, or Electives

Spring Semester

EXSC 2150 Curr Top. & Strat. in Youth Fit.
EXSC 3125 Integrated Personal Fit. Train.
EXSC 3135 Integ. Pres. Fit. Train. Program Design
EXSC 3350 Exercise Physiology I
Gen. Ed. and, or Electives

Year 4

Fall Semester

Gen. Ed. and, or Electives

Spring Semester

Gen. Ed. and, or Electives

