

General Education

Foundations: (12 Credits)

Oral Communication (3 Credits)

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Quantitative Reasoning (3 Credits)

☐ MATH 1010 Quantitative Reasoning

Technological Literacy (3 Credits)

☐ EXSC 1840 Technology Integration in Health and Fitness

Written Communication (3 Credits)

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Discoveries: (27 Credits)

At least two (2) disciplines must be represented within each of the three (3) categories.

Art/Humanities (9 Credits)

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Natural Sciences & Technology (9 Credits)

☐ EXSC 1310 App Anatomy and Phys Ex Well I

☐ EXSC 1315 App Anatomy and Phys Ex Well II

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Social Sciences (9 Credits)

☐ SPT 2050 Sport Ethics & Integrity

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Elective/Wellness & Personal Health: (3 Credits)

☐ SPT 3000 Peak Performance in Sport

Competencies:

Applied Methodologies

☐ EXSC 3350 Exercise Physiology

Ethical Reasoning

☐ SPT 2050 Sport Ethics & Integrity

Information Literacy

☐ EXSC 4370 Research in Human Performance

Intercultural Fluency

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Keystone Experience

☐ EXSC 4370 Research in Human Performance

Quantitative Applications

☐ EXSC 3314 Kinesiology

Writing Intensive - Two (2) courses are required

☐ EXSC 3314 Kinesiology

☐ EXSC 4125 Evaluating Research in Fitness and Wellness

Program Requirements

Required Major Courses: (12 Credits)

☐ EXSC 1100 Introduction to Fitness

☐ EXSC 2260 Sports Nutrition

☐ EXSC 3314 Kinesiology

☐ EXSC 3350 Exercise Physiology

Required Concentration Courses: (48 Credits)

☐ EXSC 2323 Introduction to Strength & Conditioning

☐ EXSC 2365 Health Emergencies

☐ EXSC 3220 Health Promotion

☐ EXSC 3360 Adapted Physical Education

☐ EXSC 3365 Exercise Testing and Prescription

☐ EXSC 4125 Evaluating Research in Fitness and Wellness

☐ EXSC 4306 Worksite Field Experience

☐ EXSC 4370 Research in Human Performance

☐ EXSC 4500 Exercise Physiology II

☐ EXSC 4953 Internship in Exercise Science

☐ SPT 3150 Facility & Event Management

☐ SPT 4235 Risk Management for Sports

☐ SPT 4250 Organization & Administration of Sport

Free Electives: (18 Credits)

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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
General Education and/or Elective Course(s)

Spring Semester

EXSC 2365 Health Emergencies
SPT 2050 Sports Ethics
SPT 3000 Peak Performance in Sport
General Education and/or Elective Course(s)

Year 3

Fall Semester

EXSC 3350 Exercise Physiology I
EXSC 4125 Evaluating Research in Fit. & Well.
SPT 3150 Facility & Event Management
General Education and/or Elective Course(s)

Spring Semester

EXSC 3360 Adapted PE
EXSC 4370 Research Methods
EXSC 4500 Exercise Physiology II
SPT 4235 Risk Management
General Education and/or Elective Course(s)

Year 2

Fall Semester

EXSC 1310 Anatomy & Physiology I
EXSC 2323 Intro to Strength & Conditioning
General Education and/or Elective Course(s)

Spring Semester

EXSC 1315 Anatomy & Physiology II
EXSC 3220 Health Promotion
General Education and/or Elective Course(s)

Year 4

Fall Semester

EXSC 3314 Kinesiology
EXSC 3365 Exercise Testing & RX
EXSC 4306 Field Experience
SPT 4250 Org. & Ad. Of Sport
General Education and/or Elective Course(s)

Spring Semester

EXSC 4953 Internship in Exercise Science

