

General Education

Foundations: (12 Credits)

Oral Communication (3 Credits)

- _____

Quantitative Reasoning (3 Credits)

- MATH 1010 Quantitative Reasoning

Technological Literacy (3 Credits)

- EXSC 1840 Technology Integration in Health and Fitness

Written Communication (3 Credits)

- ENGL 1200 College Composition

Discoveries: (27 Credits)

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

Art/Humanities (9 Credits)

- _____
- _____
- _____

Natural Sciences & Technology (9 Credits)

- EXSC 1310 App Anatomy and Phys Ex Well
- EXSC 1315 App Anatomy and Phys Ex Well II
- _____

Social Sciences (9 Credits)

- SPT 2050 Sport Ethics & Integrity
- _____
- _____

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

- _____

Keystone Experience

- EXSC 4370 Research in Human Performance

Quantitative Applications

- EXSC 3314 Kinesiology

Writing Intensive - Two (2) courses are required

- EXSC 3314 Kinesiology
- Any Other Writing Intensive Course

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)

- PGM 4951 PGM Internship I
- PGM 4952 PGM Internship II
- PGM 4953 PGM Internship III
- PGM 4954 Senior Internship
- PGM 4100 Teaching Golf II
- PGM 4150 Trends Issues in Golf Industry

Required Concentration Courses: (51 Credits)

- EXSC 4306 Worksite Field Experience
- EXSC 4370 Research in Human Performance
- EXSC 4500 Exercise Physiology II

Free Elective: (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
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

