

### General Education

**Foundations: (12 Credits)**

**Oral Communication (3 Credits)**

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**Written Communication (3 Credits)**

ENGL 1200 College Composition

**Quantitative Reasoning (3 Credits)**

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**Technological Literacy (3 Credits)**

EXSC 1840 Tech Integ. for Health and Fit

**Discoveries: (Credits 27)**

**Art/Humanities (9 Credits)**

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**Social Sciences (9 Credits)**

SPT 2050 Sport Ethics & Integ

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**Natural Sciences & Technology (9 Credits)**

EXSC 1310 App Anat and Phys Ex Well

EXSC 1315 App Anat and Phys Ex Well II

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**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**

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**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)**

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## 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 Performance  
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

