

General Education

Foundations: (12 Credits)

Oral Communication (3 Credits)

Quantitative Reasoning (3 Credits)

Technological Literacy (3 Credits)

- EXSC 1840 Technology Integration in Health & Fitness

Written Communication (3 Credits)

Discoveries: (27 Credits)

Art/Humanities (9 Credits)

Natural Sciences & Technology (9 Credits)

- EXSC 1310 App Anat and Phys Exercise Wellness I

- EXSC 1315 App Anat and Phys Exercise Wellness II

Social Sciences (9 Credits)

- SPT 2050 Sport Ethics & Integrity

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

Intercultural Fluency

Keystone Experience

- EXSC 4952 Internship

Quantitative Applications

- EXSC 3314 Kinesiology

Writing Intensive

- EXSC 3314 Kinesiology

Program Requirements

Required Major Courses: (6 Credits)

- EXSC 3314 Kinesiology

- EXSC 3350 Exercise Physiology

Required Concentration Courses: (54 Credits)

- CHEM 2680 Nutritional Science

- EXSC 1100 Introduction to Fitness

- EXSC 2260 Sports Nutrition

- EXSC 2323 Introduction to Strength and Conditioning

- EXSC 3105 Motivation in Wellness & Fitness

- EXSC 3150 Fitness for Special Populations

- EXSC 3202 Nutrition and Fitness Seminar

- EXSC 3233 Fitness for Wellness

- EXSC 3234 Food, Fitness Weight Management

- EXSC 3240 Nutrition Education

- EXSC 4120 Trends and Issues in Fitness

- EXSC 4206 Athletic Injury: Prevention, Recognition, Evaluation

- EXSC 4210 Nutrition II

- EXSC 4225 Nutrition Assessment & Counseling

- EXSC 4226 Nutrition through the Life-cycle

- EXSC 4231 Fitness Assessment & Prescription

- EXSC 4952 Internship

- SPT 4235 Risk Management for Sports

Free Electives: (18 Credits)

Suggested Four Year Course Sequence

Year 1

Fall Semester

CHEM 2680 Nutritional Science
EXSC 1100 Introduction to Fitness
EXSC 1840 Technology Integration in Health & Fitness
General Education Courses (6 credits)

Spring Semester

SPT 2050 Sport Ethics & Integrity
SPT 3000 Peak Performance in Sport
EXSC 2260 Sports Nutrition
EXSC 2323 Introduction to Strength & Conditioning
General Education Course (3 credits)

Year 3

Fall Semester

EXSC 3314 Kinesiology
EXSC 4226 Nutrition through the Life-Cycle
General Education Courses (9 credits)

Spring Semester

EXSC 3350 Exercise Physiology
EXSC 4206 Athletic Injury: Prevention, Recognition, Evaluation
EXSC 4210 Nutrition II
SPT 4235 Risk Management for Sports
General Education Course (3 credits)

Year 2

Fall Semester

EXSC 1310 App. Anatomy & Physiology Exercise Wellness I
EXSC 3202 Nutrition and Fitness Seminar
EXSC 3234 Foot, Fitness Weight Management
EXSC 3240 Nutrition Education
General Education Course (3 credits)

Spring Semester

EXSC 1315 App. Anatomy & Physiology Exercise Wellness II
EXSC 3105 Motivation In Wellness & Fitness
EXSC 4225 Nutrition Assessment & Counseling
EXSC 3233 Fitness for Wellness
General Education Course (3 credits)

Year 4

Fall Semester

EXSC 3150 Fitness for Special Populations
EXSC 4120 Trends & Issues in Fitness
General Education Courses (9 credits)

Spring Semester

EXSC 4231 Fitness Assessment & Prescription
EXSC 4952 Internship (3 credits)
General Education Courses (9 credits)

