

General Education

Foundations: (12 Credits)

Oral Communication (3 Credits)

Quantitative Reasoning (3 Credits)

Technological Literacy (3 Credits)

EXSC 1840 Tech Integ. For Health and Fit

Written Communication (3 Credits)

Discoveries: (Credits 27)

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 & Integ

Wellness & Personal Health: (3 Credits)

SPT 3000 Peak Performance in Sport

Competencies:

Applied Methodologies

EXSC 3350 Exercise Physiology

Ethical Reasoning

SPT 2050 Sport Ethics & Integ

Information Literacy

Intercultural Fluency

Keystone Experience

EXSC 4952 Internship in Nutrition & Fitness

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 Assess & Counseling

EXSC 4226 Nutrition through the Life-cycle

EXSC 4231 Fitness Assess & Prescript

EXSC 4952 Internship in Nutrition & Fitness

SPT 4235 Risk Management for Sports

Free Electives: (18 Credits)

Suggested Four Year Course Sequence

Year 1

Fall Semester

MATH 1010 Quantitative Reasoning
CHEM 2680 Nutrition
EXSC 1100 Intro to Fitness
EXSC 1840 Technology & Integration
Gen Ed and/or electives

Spring Semester

SPT 2050 Sports Ethics
SPT 3000 Peak Performance in SPT
EXSC 2260 Sports Nutrition
EXSC 4226 Nutrition through Life Cycle
EXSC 4210 Nutrition II

Year 3

Fall Semester

EXSC 3233 Fitness for Wellness
EXSC 3350 Exercise Physiology I
EXSC 4231 Fitness Assessment & Prescription
Gen Ed and/or electives

Spring Semester

EXSC 3240 Nutrition Education
EXSC 4206 Athletic Injuries-Prev. Recog. Eval.
SPT 4235 Risk Mgt.
Gen Ed and/or electives

Year 2

Fall Semester

EXSC 1310 Anatomy & Physiology I
EXSC 2323 Intro to Strengthen & Conditioning
EXSC 3314 Kinesiology
EXSC 3350 Exercise Physiology I
Gen Ed and/or electives

Spring Semester

EXSC 1315 Anatomy & Physiology II
EXSC 3105 Motivat. Strat. In Well & Fit.
EXSC 4225 Nutrition Assess & Counsel
Gen Ed and/or electives

Year 4

Fall Semester

EXSC 3150 Fitness for Spec Pop.
EXSC 4120 Contemp. Iss. In Well & Fit
EXSC 3234 Food, Fitness & Weight Mgmt.
Gen Ed and/or electives

Spring Semester

EXSC 3202 Nutrition & Fitness Seminar
EXSC 4952 Internship in Nutrition & Fitness
Gen Ed and/or electives

