

### General Education

**Foundations: (12 Credits)**

**Oral Communication (3 Credits)**

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**Quantitative Reasoning (3 Credits)**

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**Technological Literacy (3 Credits)**

- EXSC 1840 Technology Integration in Health & 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 Anat and Phys Exercise Wellness I

- EXSC 1315 App Anat and Phys Exercise Wellness 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**

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**Intercultural Fluency**

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**Keystone Experience**

- EXSC 4952 Internship

**Quantitative Applications**

- EXSC 3314 Kinesiology

**Writing Intensive - Two (2) courses are required**

- EXSC 3314 Kinesiology

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### 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)**

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## 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)

