

B.S. EXERCISE SCIENCE

2013-2014

NAME: _____ ID# _____

COURSE	SEM	HRS	GRADE	COURSE	SEM	HRS	GRADE
AREA A: Essential Skills 9 Hrs.				AREA F: Courses Related To Major 18 Hrs			
ENGL 1101		3		EXSC 2105 Weight Control.		2	
ENGL 1102		3		ITDS 2106 Medical Terminology		2	
MATH		3		BIOL 2221 Human Anat. & Physio. 1		4	
AREA B: Inst. Options 4-5 Hrs.				BIOL 2222 Human Anat. & Physio. 2		4	
COMM 1110		3		Math/Sci. Advisor approval required		3	
Seminar-A		1		Elective: Advisor approval required		3	
Seminar-B		1		AREA G: Program Req. 30 hrs			
AREA C: Humanities 6 Hrs.				EXSC 1105 Intro to Exercise Science		3	
Humanities		3		EXSC 2107 Exercise Leadership		1	
Arts		3		EXSC 3105 Principles of Nutrition		3	
AREA D: Sci/Math/Tech 10-11 Hr				EXSC 3135 Kinesiology		3	
Science: Lab (CHEM)		4		EXSC 4131 Basic Exercise Physiology		3	
Science: Lab or Non-Lab		3-4		EXSC 4133 Exercise Prescription for Special Populations			
Science/Math/Tech		3		EXSC 4135 Exercise Risk Identific.		3	
AREA E: Social Sciences 12 Hrs				EXSC 4137 Nutri. Bases Hum.Perf.		3	
HIST 2111 or HIST 2112		3		EXSC 4337 Nutri Bases Hum.Perf.Lab		1	
POLS 1101		3		EXSC 4146 Test, Meas, Eval in EXSC		3	
Behavioral Science		3		EXSC 4232 Exercise Testing and Prescription		3	
World Culture		3					
WELLNESS REQ. 3 Hrs.						12	
PHED 1205		2		AREA H: Minor or Advisor Approved Program Electives Required Hours 15**			
PEDS (ANY)		1		EXSC 4331 Basic Exercise Physiology Lab		1	
				EXSC 4698 Internship		12	
				EXSC 5135 Program Design in Exercise Science		3	
				EXSC 5545 Selected Topics in Exercise Science		3	
				EXSC 4899 Independent Study		1-3	
				Area I: General Electives Required Hours: 15			

TOTAL 123 Hrs.

*Students must have a minimum of 39 semester hours of courses numbered 3000 or above (Area H implications)
 ** Students with 7 semester hours in science requirement in Area D must take 2 seminars in Area B. Students with 8 semester hours in science requirement in Area D need take only one seminar in Area B.
 *** A grade of 'C' or better is required for any EXSC course and all Areas F, G, and H courses.

B.S. Exercise Science

Course Requirements (2013-2014)

Area A: Essential Skills 9 hrs

ENGL 1101 English Composition 1 (C or better)	3
ENGL 1102 English Composition 2 (C or better)	3

Select one of the following courses:

MATH 1101/1111/1113/1125/1131	3
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Area B: Institutional Options 4-5 hrs

COMM 1110 Communication	3
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Select two of the following courses:

ITDS 1125/ITDS 1779/ITDS 2726/ITDS 2727/ITDS 2735/ITDS 2746/ITDS 2748/ITDS 2749/ITDS 2755	1-2
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OR

Select one of the following courses:
 EURO 2105/LEAD 1705/LIBR 1105/POLS 2401/HIST 1111/
 HIST 1112/Foreign Language 1001, 1002, 2001, 2002/Any Area
 C-E course with a study abroad component.
 Note: the extra hour may be used as an elective

Area C: Humanities/Fine Arts 6 hrs

Select one of the following humanities courses:

ENGL 2111/ENGL 2112/ ITDS 1145*/ITDS 1155/ITDS 2125/PHIL 2010	3
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Select one of the following fine arts courses:

ARTH 1100/ITDS 1145*/ MUCSC 1100/ THEA 1100	3
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*ITDS 1145, though listed under both humanities and fine arts, may be taken only once.

Area D: Science, Math & Technology 10-11 hrs

Select one science course with a lab (CHEM is strongly recommended); the other course may be lab or non-lab

ANTH 1145 (no lab);	
ASTR 1105/1305 (lab optional); ASTR 1106/1305;	
BIOL 1215 (lab included); BIOL 1125 (no lab);	
BIOL 1225 (lab included); CHEM 1151/1151L;	
CHEM 1152/1152L; CHEM 1211/1211L;	
CHEM 1212/1212L; ENVS 1105 (no lab);	
GEOL 1110 (no lab); GEOL 1112/1112L;	
GEOL 1121 (lab included); GEOL 1122/1322;	
GEOL 2225 (lab included); PHYS 1111/1311;	
PHYS 1112/1312; PHYS 1125/1325 (lab optional);	
PHYS 2211/2311; PHYS 2212/2312	3-4

Select one of the following courses or a science course from above:

CPSC 1105; CPSC 1301/1301L; GEOG 2215; MATH 1113/MATH 1125/	
MATH 1131/MATH 1132/MATH 1165/MATH 2125/	
PHIL 2500; STAT 1127	3

Area E: Social Sciences 12 hrs

POLS 1101	3
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Select one course from the following two courses:

HIST 2111	3
HIST 2112	3

Select one behavioral science course from the following courses:

ECON 2105/ECON 2106/PHIL 2030/PSYC 1101/SOCI 1101	3
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Select one world cultures course from the following courses:

ANTH 1105/ ANTH 1107/ANTH 2105/ANTH 2136/ ENGL 2136/GEOG 1101/HIST 1111/HIST 1112/ ITDS 1146/ITDS 1156	3
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Wellness: 3 hrs

PHEB 1205 Concepts of Fitness	2
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Select any one PEDS course

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Area F Courses Related to Major Required Hours: 18

(A grade of "C" or better is required in each course.)

EXSC 2105 Weight Control	3
ITDS 2106 Medical Terminology	3
BIOL 2221 Human Anatomy & Physiology 1	4
BIOL 2222 Human Anatomy & Physiology 2	4
Math/Science- advisor approval required	3
Advisor Approved Elective	3
Math/Science Advisor approval required	3

Area G Program Requirements Required Hours: 30

(A grade of "C" or better is required in each course.)

EXSC 1105 Intro to Exercise Science	3
EXSC 2107 Exercise Leadership	3
EXSC 3105 Principles of Nutrition	3
EXSC 3135 Kinesiology	3
EXSC 4131 Basic Exercise Physiology	3
EXSC 4133 Exercise Prescription for Special Populations	3
EXSC 4135 Exercise Risk Identification	3
EXCS 4137 Nutritional Bases of Human Performance	3
EXSC 4146 Testing, Measurement, and Evaluation in EXSC	3
EXSC 4232 Exercise Testing and Prescription	3

Area H: Minor or Advisor Approved Program Electives

Required Hours: 15**

15 hours of upper division courses (3000 or higher) Select from:

EXSC 4331 Basic Exercise Physiology Lab	1
EXSC 4698 Internship	12
EXSC 5135 Program Design in Exercise Science	3
EXSC 5545 Selected Topics in Exercise Science	3
EXSC 4899 Independent Study	1-3

Approved Approval Required. Note: Students must have a minimum of 39 semester hours numbered 3000 or above.

Area I: General Electives Required Hours: 15

Total Hours Required: 123