

Exercise Science Major - Fitness & Wellness Track (BS)

Summary of Requirements for a Major in Exercise Science - Fitness & Wellness Track

Item #	Title	Credits
EXS 201	Health and Wellness	3
EXS 205	Nutrition Concepts for Exercise Science	3
EXS 207	First Aid and Care of Athletic Injuries	3
EXS 302	Kinesiology	3
EXS 309	Motor Learning	3
EXS 325	Fitness Assessment and Exercise Prescription	3
EXS 375	Exercise Physiology	4
EXS 450	Senior Seminar in Exercise Science	3
BIO 110	Principles of Biology I	4
BIO 260	Human Anatomy and Physiology I	4
BIO 262	Human Anatomy and Physiology II	4
	CHM 105 or CHM 110	4
PSY 101	Introduction to Psychology	3
	PSY 235 or BUS 323	3
PSY 290	Human Development	3
RPH 205	Introduction to Ethics	3

Choose two from the following courses (5-6 credits):

Item #	Title	Credits
	BIO 310 and BIO 311	2
	PSY 334 or PSY 339	3
OLP 150	Outdoor Leadership	3

CORE CURRICULUM

Item #	Title	Credits
	Core Curriculum Requirements (In addition to Major hours)	44-48
	Total Credits	102-107

CHM 105 or CHM 110

Item #	Title	Credits
CHM 105	Introduction to Chemistry *	4
CHM 110	General Chemistry I	4

PSY 235 or BUS 323

Item #	Title	Credits
PSY 235	Statistics for the Behavioral Sciences	3
BUS 323	Statistical Applications to Business Decision Making	3

BIO 310 and BIO 311

Item #	Title	Credits
BIO 310	Health Coaching	1
BIO 311	Health Coaching Practicum	1

PSY 334 or PSY 339

Item #	Title	Credits
PSY 339	Learning and Cognition	3