

THE EXERCISE SCIENCE MAJOR - FITNESS & WELLNESS TRACK (BS)

Students may use the following courses to satisfy Core requirements: BIO 110, CHM 105, CHM 110, PSY 101, and RPH 205

Program: Exercise Science Major

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
EXS 480	Senior Capstone	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
	Sub-Total Credits	56

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
	Sub-Total Credits	5-6

Total credits:

61-62

CATEGORY DESCRIPTIONS

CHM 105 or CHM 110

Item #	Title	Credits
CHM 105	Introduction to Chemistry	4
CHM 110	General Chemistry I	4
	Sub-Total Credits	8

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
	Sub-Total Credits	3

BIO 310 and BIO 311

Item #	Title	Credits
BIO 310	Health Coaching	1
BIO 311	Health Coaching Practicum	1
	Sub-Total Credits	2

PSY 334 or PSY 339

Item #	Title	Credits
PSY 334	Learning and Behavior Analysis	3
PSY 339	Learning and Cognition	3
	Sub-Total Credits	3