EXERCISE SCIENCE (124 cr.) Four-Year Rotation – Fall, 2024

Freshman	Fall Semester		Freshman	Spring Semester	
EXS 101	Introduction to Exercise Science	3	EXS 261 /	Medical Terminology / Anatomy	3/4
			EXS 190	& Physiology for EXS	
EXS 190 /	Anatomy & Physiology for EXS /	4/3	HS 116	Consumer Health	3
EXS 261	Medical Terminology				
EXS 170 /	Functional & Palpation	2	COM 101 /	Communication / Functional &	3
COM 101	Anatomy/ Communication		EXS 170	Palpation Anatomy	
CHEM 103	General Chemistry (counts as a	4	PSYCH	General Psychology I (Counts as	3
	Nat. Science)		101	a Social Science)	
ENG 101	Composition I	3	ENG 102	Composition II	3
		15/16			15/16
Sophomore	Fall Semester		Sophomore	Spring Semester	
EXS 210	Cardiovascular Pathophysiology	2	EXS 312	Fitness Assessment I	3
EXS 258	Pharmacology for the Exer. Sci.	3	EXS 312 L	Fitness Assessment I Lab	0
EXS 309	Physiology of Exercise	3	EXS 319	Health Behavior Management	3
MATH 108	Introductory Statistics (math req.)	3	DIET 320	Human Nutrition	3
	Historical Reasoning	3		Humanities	3
	Aesthetics	3		Elective	3
		17			15
Junior	Fall Semester		Junior	Spring Semester	
Junior EXS 308	Fall Semester Kinesiology / Elective	3/3	Junior EXS 308	Spring Semester Elective / Kinesiology	3/3
		3/3			3/3
EXS 308	Kinesiology / Elective		EXS 308	Elective / Kinesiology	
EXS 308 EXS 313	Kinesiology / Elective Fitness Assessment II	3	EXS 308	Elective / Kinesiology Adv. Exercise Physiology	3
EXS 308 EXS 313 EXS 313 L	Kinesiology / Elective Fitness Assessment II Fitness Assessment II Lab	3 0	EXS 308	Elective / Kinesiology Adv. Exercise Physiology Elective	3
EXS 308 EXS 313 EXS 313 L	Kinesiology / Elective Fitness Assessment II Fitness Assessment II Lab Exercise / Chronic Diseases	3 0 3	EXS 308	Elective / Kinesiology Adv. Exercise Physiology Elective Critical Cultural Inquiry	3 3 3
EXS 308 EXS 313 EXS 313 L EXS 430	Kinesiology / Elective Fitness Assessment II Fitness Assessment II Lab Exercise / Chronic Diseases Aesthetics	3 0 3 3	EXS 308	Elective / Kinesiology Adv. Exercise Physiology Elective Critical Cultural Inquiry	3 3 3
EXS 308 EXS 313 EXS 313 L EXS 430	Kinesiology / Elective Fitness Assessment II Fitness Assessment II Lab Exercise / Chronic Diseases Aesthetics Molecular & Cellular Basis of	3 0 3 3	EXS 308	Elective / Kinesiology Adv. Exercise Physiology Elective Critical Cultural Inquiry	3 3 3
EXS 308 EXS 313 EXS 313 L EXS 430	Kinesiology / Elective Fitness Assessment II Fitness Assessment II Lab Exercise / Chronic Diseases Aesthetics Molecular & Cellular Basis of	3 0 3 3 4	EXS 308	Elective / Kinesiology Adv. Exercise Physiology Elective Critical Cultural Inquiry	3 3 3 3
EXS 308 EXS 313 EXS 313 L EXS 430	Kinesiology / Elective Fitness Assessment II Fitness Assessment II Lab Exercise / Chronic Diseases Aesthetics Molecular & Cellular Basis of	3 0 3 3 4	EXS 308	Elective / Kinesiology Adv. Exercise Physiology Elective Critical Cultural Inquiry	3 3 3 3
EXS 308 EXS 313 EXS 313 L EXS 430 BIO 201	Kinesiology / Elective Fitness Assessment II Fitness Assessment II Lab Exercise / Chronic Diseases Aesthetics Molecular & Cellular Basis of Life (counts as a Nat. Science)	3 0 3 3 4	EXS 308 EXS 310	Elective / Kinesiology Adv. Exercise Physiology Elective Critical Cultural Inquiry Social Sciences	3 3 3 3
EXS 308 EXS 313 EXS 313 L EXS 430 BIO 201 Senior	Kinesiology / Elective Fitness Assessment II Fitness Assessment II Lab Exercise / Chronic Diseases Aesthetics Molecular & Cellular Basis of Life (counts as a Nat. Science) Fall Semester	3 0 3 3 4 16	EXS 308 EXS 310 Senior	Elective / Kinesiology Adv. Exercise Physiology Elective Critical Cultural Inquiry Social Sciences Spring Semester	3 3 3 3
EXS 308 EXS 313 EXS 313 L EXS 430 BIO 201 Senior EXS 314	Kinesiology / Elective Fitness Assessment II Fitness Assessment II Lab Exercise / Chronic Diseases Aesthetics Molecular & Cellular Basis of Life (counts as a Nat. Science) Fall Semester Group Exercise Leadership	3 0 3 3 4 16	EXS 308 EXS 310 Senior EXS 420	Elective / Kinesiology Adv. Exercise Physiology Elective Critical Cultural Inquiry Social Sciences Spring Semester Strength Training Physiology	3 3 3 3
EXS 308 EXS 313 EXS 313 L EXS 430 BIO 201 Senior EXS 314 EXS 314 L	Kinesiology / Elective Fitness Assessment II Fitness Assessment II Lab Exercise / Chronic Diseases Aesthetics Molecular & Cellular Basis of Life (counts as a Nat. Science) Fall Semester Group Exercise Leadership Group Exercise Leadership Lab	3 0 3 3 4 16	EXS 308 EXS 310 Senior EXS 420 EXS 474	Elective / Kinesiology Adv. Exercise Physiology Elective Critical Cultural Inquiry Social Sciences Spring Semester Strength Training Physiology Sport Nutrition	3 3 3 3 15
EXS 308 EXS 313 EXS 313 L EXS 430 BIO 201 Senior EXS 314 EXS 314 L EXS 493	Kinesiology / Elective Fitness Assessment II Fitness Assessment II Lab Exercise / Chronic Diseases Aesthetics Molecular & Cellular Basis of Life (counts as a Nat. Science) Fall Semester Group Exercise Leadership Group Exercise Leadership Lab Internship	3 0 3 4 16	EXS 308 EXS 310 Senior EXS 420 EXS 474 EXS 493	Elective / Kinesiology Adv. Exercise Physiology Elective Critical Cultural Inquiry Social Sciences Spring Semester Strength Training Physiology Sport Nutrition Internship	3 3 3 3 15
EXS 308 EXS 313 EXS 313 L EXS 430 BIO 201 Senior EXS 314 EXS 314 L EXS 493	Kinesiology / Elective Fitness Assessment II Fitness Assessment II Lab Exercise / Chronic Diseases Aesthetics Molecular & Cellular Basis of Life (counts as a Nat. Science) Fall Semester Group Exercise Leadership Group Exercise Leadership Lab Internship Research For Health Sciences /	3 0 3 4 16	EXS 308 EXS 310 Senior EXS 420 EXS 474 EXS 493	Elective / Kinesiology Adv. Exercise Physiology Elective Critical Cultural Inquiry Social Sciences Spring Semester Strength Training Physiology Sport Nutrition Internship Elective / Research For Health	3 3 3 3 15
EXS 308 EXS 313 EXS 313 L EXS 430 BIO 201 Senior EXS 314 EXS 314 L EXS 493	Kinesiology / Elective Fitness Assessment II Fitness Assessment II Lab Exercise / Chronic Diseases Aesthetics Molecular & Cellular Basis of Life (counts as a Nat. Science) Fall Semester Group Exercise Leadership Group Exercise Leadership Lab Internship Research For Health Sciences / Elective	3 0 3 4 16 3 0 3 3/3	EXS 308 EXS 310 Senior EXS 420 EXS 474 EXS 493	Elective / Kinesiology Adv. Exercise Physiology Elective Critical Cultural Inquiry Social Sciences Spring Semester Strength Training Physiology Sport Nutrition Internship Elective / Research For Health Sciences	3 3 3 3 15 3 3 3 3/3