

Capital Scholars Honors Program
Advising Guide for Exercise Science Majors
Health & Fitness Track
2019-2020 (FOUR YEAR)

Recommended Course Schedule

Year 1:

Fall Semester	Hours	Spring Semester	Hours
CAP 111: Honors Composition	3 Hrs.	CAP 115: Interdisciplinary Writing	3 Hrs.
CAP 122: Who Am I?	3 Hrs.	CAP 123: How Do You Know?	3 Hrs.
CAP 102: Introduction to Honors	2 Hrs.	EXR 233: Personal Health and Wellness	3 Hrs.
EXR 201: Intro Ex Science	3 Hrs.	EXR 212: Medical Terminology	3 Hrs.
EXR 251: Prevention & Care Injuries	3 Hrs.	MAT 111: Quantitative Reasoning	3 Hrs.
*CHE 124: General Chemistry for the Health Professions (Preferred) OR CHE 141: Principles of Chemistry I (**Prerequisites)	4 Hrs.		
Total	18 Hrs.	Total	15 Hrs.

*Take CHE 124 if there are no plans to go onto graduate school. If there are plans to go onto graduate school, then it is recommended to take CHE 141.

** High school chemistry and placement in MAT 094 or higher. Students who took CHE 101, need a grade of B or higher.

Summer First Year:

Summer Semester	Hours
COM 112: Oral Communication	3 Hrs.
Total	3 Hrs.

Year 2:

Fall Semester	Hours	Spring Semester	Hours
CAP 225: What is Good?	3 Hrs.	CAP 226: What is Power?	3 Hrs.
MLS 225 Nutrition	3 Hrs.	CAP 25x/35x: Global Issues	3 Hrs.
PSY 201: Principles of Psychology	3 Hrs.	EXR 301: Motor Learning	3 Hrs.
MAT 121: Applied Statistics	3 Hrs.	EXR 325: Evidence-Based Concepts	3 Hrs.
BIO 201: Anatomy & Physiology I	4 Hrs.	BIO 202: Anatomy & Physiology II	4 Hrs.
		UNI 301: Speaker Series	1 Hr.
Total	16 Hrs.	Total	17 Hrs.

Year 3:

Fall Semester	Hours	Spring Semester	Hours
EXR 329: Kinesiology and Biomechanics	3 Hrs.	EXR 352: Health Promo & Dis Prevention	3 Hrs.
EXR 331: Exercise Physiology	4 Hrs.	CLS 411: Health Care Mgmt. (ECCE- US Communities)	3 Hrs.
Elective (EXR/ Science)	3 Hrs.	EXR 375: Strength and Conditioning	4 Hrs.
PSY 332: Sport Psychology (EXR 363)	4 Hrs.	EXR 412: Special Populations	3 Hr.
SOA 101: Intro to Sociology	3 Hrs.	Honors Global Awareness	4 Hrs.
Total	17 Hrs.	Total	17 Hrs.

Year 4:

Fall Semester	Hours	Spring Semester	Hours
EXR 483: Seminar in Exercise Science	3 Hrs.	Elective (EXR/ Science)	3 Hrs.
Honors Global Awareness	3 Hrs.	Elective	3 Hrs.
Visual/Creative/Performing Arts Requirement	3 Hrs.	Honors Global Awareness	4 Hrs.
EXR 451: Exercise Testing and Prescription	3 Hrs.	IPL 300- EXR Internship	3+ Hrs.
CAP 402: Senior Seminar	1 Hrs.		
Elective (EXR/ Science)	3 Hrs.		
Total	16 Hrs.	Total	13 Hrs.

ECCE (Engaged Citizenship Common Experience) 10 Hours	CAP and Other Courses That Count Towards ECCE
• U.S. Communities (3 hrs)	CLS 411: Health Care Mgmt.
• Global Awareness (3 hrs)	Honors Global Awareness Requirement (6 hrs)
• Engagement Experience (3 hrs)	IPL 300- EXR Internship
• Speakers Series (1 hr)	

UIS Students complete ECCE requirements in at least 2 of the 3 ECCE Categories-U.S. Communities, Global Awareness, Engagement Experience (per CAP and major requirements)-in addition to Speakers Series- 10 Hours.

Notes: Students may need to take CHE101 in addition to CHE 141 if limited chemistry background. Students get 3 credit ECCE Engagement Experience in IPL 300, but can take up to a 12 credit hour internship.