

# Advising Guide for Exercise Science Majors

## Health & Fitness Track

### Year 1:

Fall Semester	Hours	Spring Semester	Hours
EXR 201: Intro Ex Science	3	EXR 233: Personal Health & Wellness	3
ENG 101: Composition I	3	EXR 212: Medical Terminology	3
CHE 124: Gen Chem for Health Professions	4	ENG 102: Composition II	3
Freshman Seminar (Hum or SS)	3	Comparative Societies (Hum or SS)	3
MAT 111: Quantitative Reasoning	3	COM 112: Oral Communication	3
Total	16 Hrs.	Total	15 Hrs.

### Year 2:

Fall Semester	Hours	Spring Semester	Hours
General Ed (Humanities)	3	EXR 302: Prevention & Care of Athletic Injuries (prereq: EXR 222)	3
BIO 201: Anatomy & Physiology I	4	EXR 301: Motor Learning	3
PSY 201: Principles of Psychology	3	MLS 225: Nutrition	3
MAT 121: Statistics	3	BIO 202: Anatomy & Physiology II	4
EXR 222: Musculoskeletal Anatomy	3		
Total	16 Hrs.	Total	13 Hrs.

### Year 3:

Fall Semester	Hours	Spring Semester	Hours
EXR 329: Kinesiology and Biomechanics (prereq: EXR 222)	3	EXR 325: Evidence-Based Concepts	3
EXR 331: Exercise Physiology (prereq: BIO 201 & 202)	4	EXR 352: Health Promo & Disease Prevention (prereq: EXR 233)	3
ELECTIVE	3	ECCE Speaker Series	1
SOA 101: Intro to Sociology	3	EXR 412: Special Populations	3
EXR 363: Exercise and Sport Psychology (prereq: PSY 201)	4	EXR 375: Strength and Conditioning (prereq: EXR 329 & EXR 331)	4
Total	17 Hrs.	Total	14 Hrs.

### Year 4:

Fall Semester	Hours	Spring Semester	Hours
EXR 483: Seminar in Exercise Science	3	ECCE - US Communities	3
Visual/Creative/Performing Arts	3	ELECTIVE	3
ELECTIVE	3	ELECTIVE	3
ECCE: Global or US Communities	3	EXR Elective	3
EXR 451: Exercise Testing and Prescription (prereq: EXR 375)	3	IPL 300: EXR Internship	3+
Total	15 Hrs.	Total	15+ Hrs.

EXR Core Courses

EXR Track Courses

Gen Ed/ Other Required Courses

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