

# Advising Guide for Exercise Science Majors

## Health & Fitness Track

### Year 1:

Fall Semester	Hours	Spring Semester	Hours
<i><b>EXR 201: Intro Ex Science</b></i>	<b>3</b>	<i><b>EXR 233: Personal Health and Wellness</b></i>	<b>3</b>
ENG 101: Composition I	3	<i><b>EXR 212: Medical Terminology</b></i>	<b>3</b>
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: Quant Reasoning	3	COM 112 : Oral Communication	3
<i>Total</i>	<i>16 Hrs.</i>	<i>Total</i>	<i>15 Hrs.</i>

### Year 2:

Fall Semester	Hours	Spring Semester	Hours
General Ed (Humanities)	3	<i><b>EXR 251: Prevention &amp; Care Injuries</b></i>	<b>3</b>
BIO 201: Anatomy & Physiology I	4	<i><b>EXR 301: Motor Learning</b></i>	<b>3</b>
PSY 201: Principles of Psychology	3	<i><b>CLS 225: Nutrition</b></i>	<b>3</b>
MAT 121: Statistics	3	BIO 202 : Anatomy & Physiology II	4
<u>EXR 222: Musculoskeletal Anatomy (EXR elective)</u>	<u>3</u>		
<i>Total</i>	<i>16 Hrs.</i>	<i>Total</i>	<i>13 Hrs.</i>

### Year 3:

Fall Semester	Hours	Spring Semester	Hours
<i><b>EXR 329: Kinesiology and Biomechanics</b></i>	<b>3</b>	<i><b>EXR 325: Evidence-Based Concepts</b></i>	<b>3</b>
<i><b>EXR 331: Exercise Physiology</b></i>	<b>4</b>	<i><b>EXR 352: Health Promo &amp; Dis Prevention</b></i>	<b>3</b>
ELECTIVE	3	ECCE Speaker Series	1
SOA 101: Intro to Sociology	3	<u>EXR 412: Special Populations</u>	<u>3</u>
<u>PYS 332: Sport Psychology (EXR 363)</u>	<u>4</u>	<u>EXR 375: Strength and Conditioning</u>	<u>4</u>
<i>Total</i>	<i>17 Hrs.</i>	<i>Total</i>	<i>14 Hrs.</i>

### Year 4:

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

***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.