



BS in Exercise Science

Sample 4-Year Course Sequence

Student's individualized schedule may vary. Each student should consult with an advisor to determine their plan of study. A total of 128 credit hours is required to graduate, with an average of 16 credit hours per semester.

Course	Year 1		Year 2		Year 3		Year 4		TOT
	FA	SP	FA	SP	FA	SP	FA	SP	
Major Coursework									
Anatomy & Physiology I – lecture/lab	4								4
General Chemistry I – lecture/lab	4								4
College Algebra	3								3
Careers in Exercise Science	1								1
Anatomy & Physiology II – lecture/lab		4							4
General Chemistry II – lecture/lab		4							4
Foundations of Exercise Science		3							3
Introduction to Psychology		3							3
College Physics I – lecture/lab			4						4
Essentials of Biology I – lecture/lab			5						5
College Physics II – lecture/lab				4					4
Principles of Athletic Training				3					3
Coaching Health & Human Performance				3					3
Statistics				3					3
Exercise Kinesiology lecture/lab					4				4
Nutrition					3				3
Exercise Physiology						3			3
Prescription & Testing lecture/lab						4			4
Research Methods						3			3
Capstone Senior Thesis							4		4
Developmental Psychology							3		3
Special Populations Prescription & Testing							3		3
Exercise Science Internship								3	3
Total Credits for Major									78
University Coursework									
Freshman Seminar	3								3
GCP Courses		3	6	3	3	3	3	3	24
Keystone Seminar								3	3
General Electives			3		6	3	3	6	21
Total Credits Per Semester	15	17	18	16	16	16	16	15	129



BS in Exercise Science with Study Abroad Sample 4-Year Course Sequence

Student's individualized schedule may vary. Each student should consult with an advisor to determine their plan of study. A total of 128 credit hours is required to graduate, with an average of 16 credit hours per semester.

Course	Year 1		Year 2		Year 3		Year 4		TOT
	FA	SP	FA	SP	FA		FA	SP	
Major Coursework									
Anatomy & Physiology I – lecture/lab	4								4
General Chemistry I – lecture/lab	4								4
College Algebra	3				S				3
Careers in Exercise Science	1				T				1
Anatomy & Physiology II – lecture/lab		4			U				4
General Chemistry II – lecture/lab		4			D				4
Foundations of Exercise Science		3			Y				3
Introduction to Psychology		3							3
College Physics I – lecture/lab			4						4
Essentials of Biology I – lecture/lab			5		A				5
College Physics II – lecture/lab				4	B				4
Principles of Athletic Training				3	R				3
Coaching Health & Human Performance				3	O				3
Statistics				3	A				3
Exercise Kinesiology lecture/lab			4		D				4
Nutrition							3		3
Exercise Physiology						3			3
Prescription & Testing lecture/lab						4			4
Research Methods							3		3
Capstone Senior Thesis								4	4
Developmental Psychology							3		3
Special Populations Prescription & Testing							3		3
Exercise Science Internship								3	3
Total Credits for Major									78
University Coursework									
Freshman Seminar	3								3
GCP Courses		3		3	6	6	3	3	24
Keystone Seminar								3	3
General Electives			3		9	3	3	3	21
Total Credits Per Semester	15	17	16	16	15	16	18	16	129