

Exercise Science (EXS) B.S.

Promoting healthy lifestyles and communities

Exercise Science, B.S.		100 credits – Includes Prerequisites
Required Core Classes (36 cr)	Cr	Prerequisites (PRQ's)
EXS 230 Foundations of Exercise Science	4	None
EXS 310 Motor Behavior	4	None
EXS 370 Soc and Psych Aspects of Physical Activity	4	None
EXS 372 Biomechanics	4	EXS 310, MTH 110 or MTH 111Z
EXS 373 Physiology of Exercise	4	BI 235, 236, EXS 372
EXS 383 Kinesiology	4	EXS 230, EXS 372, BI 234
EXS/HE 426 Sport & Exercise Nutrition	4	HE 325
EXS 444 Lifespan Adapted Physical Activity	4	EXS 383
EXS 490 Research Methods	4	EXS 373
EXS Major Professional Concentrations (select one):		
Pre-Clinical Concentration (40 cr)	Cr	Prerequisites (PRQ's)
EXS 453 Pathophysiology and Exercise	4	EXS 373
EXS 455 Physical Activity and Aging	4	EXS 230, EXS 310, EXS 372
EXS 465 Motivational Interviewing	4	Junior Standing
EXS 485 Exercise Testing & Prescription	4	EXS 373, EXS/HE 426
EXS 488 Exercise Motivation & Adherence	4	EXS 370
EXS 498 Internship in Exercise Science	4	All core courses completed; Senior standing, EXS 485, Instructor approval
Electives	16	Required advisor approval for courses, may include courses outside the Division of Health and Exercise Science
Fitness & Human Performance Concentration (40 cr)	Cr	Prerequisites (PRQ's)
EXS 245 Foundations of Strength Training & Conditioning	4	None
EXS 455 Physical Activity and Aging	4	EXS 230, EXS 310, EXS 372
EXS 465 Motivational Interviewing	4	Junior Standing
EXS 477 Advanced Programming for Sport & Fitness	4	EXS 373
EXS 485 Exercise Testing and Prescription	4	EXS 373, EXS/HE 426
EXS 488 Exercise Motivation and Adherence	4	EXS 370
EXS 498 Internship in Exercise Science	4	All core courses completed; Senior standing, EXS 485, Instructor approval
Electives	12	Required advisor approval for courses, may include courses outside the Division of Health and Exercise Science
Total credits	100	Includes Prerequisites

A minimum grade of C- is required in all courses used to satisfy requirements of the EXS major

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Non EXS Prerequisites: (24cr)	Cr	Prerequisites (PRQ's)
BI 102 General Biology: The Foundations of Life	4	None
BI 234 Human Anatomy & Physiology	4	BI 102
BI 235 Human Anatomy & Physiology	4	BI 234
BI 236 Human Anatomy & Physiology	4	BI 235
HE 325 Nutrition	4	None
MTH 110 Applied College Mathematics or MTH 111 College Algebra	4	None
Total credits	24	