

Major in: Exercise Science

Applied EXS Track	Advisor Signature:
Applied Externation	/tavioo: Oigilataioi

Student Name:				Student Signature			
Student Name:				Student Signature:			
Student ID:				Date:			
Major 72-74 hours, 36 UD	Hrs	Has	Lacks	Program notes & Additional Degree Requirement	S		
Required Core Courses: (32)							
EXS 230 Foundations of Exercise Science	4			It is recommended that students take BI 102, and			
EXS 310 Motor Learning	4			the Natural Science requirement in the LACC. BI prerequisites to several major required and elective			
EXS 371 Kinesiology	4			course descriptions for specific prerequisite requi			C
EXS 415 Lifespan Motor Development	4			outro accompliance is opening prorequience requi		•	
EXS 444 Lifespan Adapted Physical Activity	4						
EXS 470 Soc & Psy Aspects of Physical Activity	4			Exercise Science majors must have a grade of		better i	n
EXS 473 Physiology of Exercise	4			courses used to satisfy requirements of the m	ajor.		
EXS 483 Biomechanics	4						
Applied Exercise Science: (40)							
HE 325 Nutrition	4						
EXS 419 Internship in Exercise Science	4						
EXS 485 Exercise Testing & Prescription	4						
Choose Two:	0						
HE 426 Sports & Exercise Nutrition	8				\vdash		
EXS 484 Adv Topics in Biomechanics							
EXS 486 Adv Topics in Motor Behavior							
EXS 487 Adv Topics in Physiology of Exercise							
EXS 488 Exercise Motivation and Adherence					<u> </u>		
EXC 400 Exclose Metivation and Manerelloc					 		
Electives: (advisor approved)	20						
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				Minimum degree requirements of at least:			
				180 or more total credit hours			
				62 Upper Division credit hours			
				45 of last 60 credits earned at WOU campus	<u> </u>		
				BA Degree Requirements			
				CS 101 or higher			
				Math 105 or higher			
				Writing Intensive:			
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				Foreign Language (C- or better):			
				BS Degree Requirements			
				CS 121 or higher			
				Math 111 or higher			
				CS/Math/Stats:			
				Diversity:			

Writing Intensive: