EXSC 428 Exer Prescript/Chronic
EXSC 415 Exer Test/Nml/Spc Pop
EXSC 408 Nutrition Fitness and Sport
EXSC 340 Prevention/Care Injuries
EXSC 225 Intro to Exercise Scien
CHEM 116N Found of Chemistry II
CHEM 115N Found of Chemistry I
BIOL 251 Anatomy and Physiology II
BIOL 250 Anatomy and Physiology I
Exercise Scien
Social Science
PHYS 111N
BIOL 116N
BIOL 115N
Eight credit hours of Natural Science with labs in Natural Science and Technology
PHIL 1
Philosophy
ENGL 112L, 144L, or FLET 100L
Literature
Select 1 course from
Transfer guide
Select 1 course from
Transfer guide
Select 1 course from
Transfer guide
Select 1 course from
Transfer guide
Select 1 course from
Transfer guide
Philosophy
PHIL 110P, 120P, or 150P
Psychology
Select 1 course from
Transfer guide
Natural Science and Technology
Eight credit hours of Natural Science with labs in sequence. Additionally, 3-4 Natural Science or Technology are required.
BIO 115N
BIO 116N
PHYS 111N
Social Science
PSYC 201S (required)
Select 1 course from
Transfer guide
Exercise Science Requirements
BIOL 250 Anatomy and Physiology I
BIOL 251 Anatomy and Physiology II
CHEM 115N Found of Chemistry I
CHEM 116N Found of Chemistry II
EXSC 225 Intro to Exercise Science
EXSC 250 Strength & Condition Ld
EXSC 322 Anatomical Kinesiology
EXSC 340 Prevention/Care Injuries
EXSC 408 Nutrition Fitness and Sport
EXSC 415 Exer Test/Nml/Spc Pop
EXSC 417W Adv Kinesiology/Bio
EXSC 428 Exer Prescript/Chronic

Name: __________________________________________
UIN: __________________________________________
Phone: ________________________________________

Entrance Writing Sample Placement Test:_________________

LOWER DIVISION GENERAL EDUCATION
Written Communication Credits/Grade
ENGL 110C ______3 ENG 111
ENGL 111C ______3 ENG 112 or 210
ENGL 131C ______3 ENG 115 or 131
Oral Communication
COMM 101R, 103R or 112R ______3 Select 1 course from
Transfer guide
Mathematics
(MATH 102M or 162M required) ______3 Select 1 course from*
Transfer guide
Foreign Language ___________ 0-6HS waiver or Transfer guide
Computer Skills ______3 Select 1 course from
Transfer guide
CS 101D, CS 149D, or OTS251D
B. Perspectives
Fine and Performing Arts ______3 Select 1 course from
Transfer guide
ARTH 121A, ARTS 122A, MUSC 264A, DANC 185A, THEA 241A, COMM/THEA 270A
History ______3 Select 1 course from
Transfer guide
HIST 101H, 102H, 103H, 104H or 105H
HIST 112L, 144L, or FLET 100L
Literature ______3 Select 1 course from
Transfer guide
Philosophy ______3 Select 1 course from
Transfer guide
PHIL 110P, 120P, or 150P
EXSC 431 Wellness Program/Adm

PREVENTIVE/REHABILITATION option:
EXSC 368W Internship
EXSC 409 Physiology of Exercise
ELECTIVES

PREVENTIVE/REHABILITATION option:
EXSC 368W Internship
EXSC 409 Physiology of Exercise
Electives

UPPER DIVISION GENERAL EDUCATION
Option A. Approved Minor, 12-24 hours; also second degree or second major.

Option B. Cluster, 9 hours (3 hours may be in the major area of study.)

Additional free elective hours may be needed to make 120 credits total. A minimum 2.00 Grade Point Average is required in the major, minor and overall to meet graduation requirements. Other requirements include passage of the Exit Writing Examination and completion of the Senior Survey.