

Exercise Science (EXS) B.S.

Promoting healthy lifestyles and communities

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

Exercise Science, B.S. (72 credits)		
Required Core Classes (32 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	EXS 230, EXS 310
EXS 371 Kinesiology	4	BI 234, MTH 110 or MTH 111
EXS 373 Physiology of Exercise	4	BI 234, 235, 236, EXS 371
HE 426 Sport & Exercise Nutrition	4	HE 325
EXS 444 Lifespan Adapted Physical Activity	4	EXS 230, EXS 310, EXS 371
EXS 483 Biomechanics	4	EXS 230, EXS 310, EXS 371
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 371
EXS 465 Motivational Interviewing	4	Junior Standing
EXS 485 Exercise Testing & Prescription	4	EXS 373, 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 371
EXS 465 Motivational Interviewing	4	Junior Standing
EXS 477 Advanced Programming for Sport	4	EXS 373
EXS 485 Exercise Testing and Prescription	4	EXS 373, 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	72	