

**DEPARTMENT OF EXERCISE SCIENCE**  
**MAJOR: EXERCISE SCIENCE (HEALTH FITNESS CONCENTRATION) (57 HOURS)**  
 NO MINOR REQUIRED  
 NO ADDITIONAL HOURS REQUIRED

<b>EXERCISE SCIENCE (HEALTH FITNESS CONCENTRATION) MAJOR REQUIREMENTS (57 HOURS)</b>				
	COURSE NAME	HRS	TERM	PREREQUISITES
BIOL 203	HUMAN ANATOMY AND PHYSIOLOGY I	4	FALL, SPRING	BIOL 111 with a grade of "C" or higher
BIOL 204	HUMAN ANATOMY AND PHYSIOLOGY II	4	FALL, SPRING, and SUMMER (variable)	BIOL 203 with a grade of "C" or higher
BIOL 222	MEDICAL TERMINOLOGY	1	SPRING	BIOL 203
EXSI 200	INTRODUCTION TO EXERCISE SCIENCE	3	FALL, SPRING	
EXSI 224	NUTRITION FOR WELLNESS AND PERFORMANCE	3	SPRING	EXSI 200 or Permission from Instructor
EXSI 246	CARE AND PREVENTION OF ATHLETIC INJURIES	3	FALL	BIOL 204 and EXSI 200, or Permission from Instructor
EXSI 306	EXERCISE PHYSIOLOGY I (WI3)	4	FALL	BIOL 204, CHEM 111, and EXSI 200, or Permission from Instructor
EXSI 310	EXERCISE TESTING AND PRESCRIPTION	4	FALL	BIOL 204, CHEM 111, EXSI 200, and PHED 145, or Permission from Instructor
EXSI 335	KINESIOLOGY	3	FALL	BIOL 204 and EXSI 200, or Permission from Instructor
EXSI 406	EXERCISE PHYSIOLOGY II	4	SPRING	EXSI 306 or Permission from Instructor
EXSI 410	EXERCISE PROGRAMMING FOR SPECIAL POPULATIONS	4	SPRING	EXSI 310 or Permission from Instructor
EXSI 420	STRENGTH AND CONDITIONING THEORY AND PRACTICE	3	FALL	EXSI 306 and EXSI 335, or Permission from Instructor
EXSI 432	RESEARCH METHODS IN EXERCISE SCIENCE (WI3)	3	SPRING	EXSI 306 or EXSI 335, Valid Adult CPR/AED Certification, or Permission from Instructor
EXSI 444	EXERCISE SCIENCE CAPSTONE SEMINAR	2	FALL, SPRING	EXSI 432 (Pre-requisite or Co-requisite); Should be taken the last semester of enrollment
EXSI 451	INTERNSHIP IN EXERCISE SCIENCE (PRE)	6	SUMMER	EXSI 432, Senior Standing, Valid Adult CPR/AED Certification, or Permission from Instructor
PSYC 320	EXERCISE AND SPORT PSYCHOLOGY	3	SPRING	
RELI 341	CHRISTIAN ETHICS	3	FALL, SPRING (EVEN YEARS)	
<b>TOTAL MAJOR HOURS</b>		<b>57</b>		

SEE CATALOG FOR MORE INFORMATION ON REQUIREMENTS

NOTE: BIOL 111, CHEM 111, PHED 145, PSYC 201, and MATH 105 are prerequisites for courses required in the major and will fulfill General Education requirements; A grade of "C" or higher is required for pre-requisite and major courses.