

EXERCISE SCIENCE, BACHELOR OF SCIENCE (BS)

Recommended Four-Year Plan

| Course | Title | Hours |
|---|--|-----------|
| First Year | | |
| Fall | | |
| Select one of the following: | | 3 |
| ERS 100 | Introduction to Exercise Science: Careers and Content ³ | |
| ERS 101 | Applied Anatomy/Lab ³ | |
| PHYS 201 | Elements of Physics I with Lab ^{1,3} | 4 |
| SUBJ 139 | University Seminar ² | 3 |
| Rock Studies | | 6 |
| INDS 101 | FIRST Seminar | 1 |
| Hours | | 17 |
| Spring | | |
| Select one of the following: | | 3 |
| ERS 100 | Introduction to Exercise Science: Careers and Content ³ | |
| ERS 101 | Applied Anatomy/Lab ³ | |
| STAT 152 | Elementary Statistics I ^{1,3} | 3 |
| Rock Studies | | 9 |
| Computer Competency Course (only if needed) | | 1 |
| Hours | | 16 |
| Second Year | | |
| Fall | | |
| Select one of the following: ³ | | 3 |
| ERS 201 | Exercise Physiology with Lab ³ | |
| ERS 202 | Biomechanics with Lab ³ | |
| BIOL 216 | Anatomy and Physiology I with Lab ^{1,3} | 3 |
| Rock Studies | | 9 |
| Hours | | 15 |
| Spring | | |
| Select one of the following: ³ | | 3 |
| ERS 201 | Exercise Physiology with Lab ³ | |
| ERS 202 | Biomechanics with Lab ³ | |
| BIOL 217 | Anatomy and Physiology II with Lab ³ | 3 |
| Rock Studies/Electives | | 9 |
| Hours | | 15 |
| Third Year | | |
| Fall | | |
| ERS 300 | Research Methods in Exercise Science ³ | 3 |
| ERS 301 | Aerobic Exercise Leadership ³ | 3 |
| ERS 302 | Exercise Leadership: Resistance Training ³ | 3 |
| Rock Studies/Electives | | 6 |
| Hours | | 15 |
| Spring | | |
| ERS 400 | Wellness coaching and Program Management ³ | 3 |
| ERS 401 | Fitness Assessment ³ | 3 |

| | | |
|------------------------------|--|----------------|
| ERS 402 | Exercise Prescription ³ | 3 |
| ERS 403 | Advanced Exercise Physiology ³ | 3 |
| Rock Studies/Electives | | 3 |
| Hours | | 15 |
| Fourth Year | | |
| Fall | | |
| ERS 410 | Clinical Exercise Physiology ³ | 3 |
| ERS 411 | Exercise Science: Special Populations and Conditions ³ | 3 |
| ERS 412 | Exercise Science: Senior Synthesis ³ | 3 |
| Select one of the following: | | 3 |
| ERS 424 | Nutrition and Exercise ³ | |
| HLTH 424 | Nutrition and Exercise ³ | |
| Rock Studies/Electives | | 3-4 |
| Hours | | 15-16 |
| Spring | | |
| ERS 450 | Exercise Science Internship (Internship may be taken in the summer) ^{3,4} | 12 |
| Hours | | 12 |
| Total Hours** | | 120-121 |

- 1 Course satisfies majors and Rock Studies requirements
- 2 Course offered in multiple subjects; cannot take course in first major subject
- 3 Must earn a grade of "C" or better
- 4 ERS 450: Exercise Science Internship may be scheduled Only after all prerequisites are met. Also required are a valid First Aid, CPR/AED certification and proof of student professional liability insurance. ERS 412 provides all necessary information pertaining to the internship registration process and is taken the semester prior to internship.

* Students are encouraged to take INDS 101 as a Free Elective.

** This document is meant to serve as a guide. Some planners may show more than 120 credits because faculty have created flexibility in choosing courses. However, only 120 credits are required to obtain a degree. Please consult with your academic adviser and refer to your curriculum guide prior to registering for courses. This plan should be reviewed, and verified, by you and your academic adviser at least once each academic year.

Major Code: 6149
Revised: 10.11.2021