# Exercise Science, Bachelor of Science (BS)

## Recommended Four-Year Plan

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>First Year</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fall</strong></td>
<td></td>
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</tr>
<tr>
<td>Select one of the following:</td>
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<tr>
<td>EXSC 100</td>
<td>Introduction to Exercise Science: Careers and Content</td>
<td>3</td>
</tr>
<tr>
<td>EXSC 101</td>
<td>Applied Anatomy/Lab</td>
<td>3</td>
</tr>
<tr>
<td>PHYS 201</td>
<td>Elements of Physics I with Lab</td>
<td>1,3 4</td>
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<tr>
<td>SUBJ 139</td>
<td>Foundations of Academic Discovery</td>
<td>2 3</td>
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<tr>
<td>Rock Studies 2 Requirements (<a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/</a>)</td>
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<tr>
<td>ESAP 101</td>
<td>FYRST Seminar</td>
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<td><strong>Hours</strong></td>
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<tr>
<td><strong>Spring</strong></td>
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<td>EXSC 101</td>
<td>Applied Anatomy/Lab</td>
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<tr>
<td>STAT 152</td>
<td>Elementary Statistics I</td>
<td>1,3 3</td>
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<tr>
<td>Computer Competency Course (only if needed)</td>
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<tr>
<td><strong>Hours</strong></td>
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<tr>
<td><strong>Second Year</strong></td>
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<tr>
<td>EXSC 201</td>
<td>Exercise Physiology with Lab</td>
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<tr>
<td>EXSC 202</td>
<td>Biomechanics with Lab</td>
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<tr>
<td>BIOL 209</td>
<td>Human Anatomy and Physiology I</td>
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<td><strong>Spring</strong></td>
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<tr>
<td>EXSC 202</td>
<td>Biomechanics with Lab</td>
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<tr>
<td>BIOL 309</td>
<td>Human Anatomy and Physiology II</td>
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<td><strong>Third Year</strong></td>
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<tr>
<td>EXSC 300</td>
<td>Research Methods in Exercise Science</td>
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<td>EXSC 301</td>
<td>Aerobic Exercise Leadership</td>
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<td>EXSC 302</td>
<td>Exercise Leadership: Resistance Training</td>
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<td><strong>Spring</strong></td>
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<td>EXSC 400</td>
<td>Wellness Coaching and Program Management</td>
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<td>EXSC 401</td>
<td>Fitness Assessment</td>
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<td>EXSC 402</td>
<td>Exercise Prescription</td>
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<td>EXSC 403</td>
<td>Advanced Exercise Physiology</td>
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<td><strong>Hours</strong></td>
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</table>

**Fourth Year**

| **Fall** | | | 
| EXSC 410 | Clinical Exercise Physiology | 3 |
| EXSC 411 | Exercise Science: Special Populations and Conditions | 3 |
| EXSC 412 | Exercise Science: Senior Synthesis | 3 |
| EXSC 424 | Nutrition and Exercise | 3 |
| Rock Studies 2 Requirements (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/) | | 2-3 |
| **Hours** | | 14-15 |
| **Spring** | | | 
| EXSC 450 | Exercise Science Internship | 3,4 12 |
| **Hours** | | 12 |

**Total Hours** 121-122

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1. Course satisfies majors and Rock Studies 2 requirements
2. Course offered in multiple subjects; cannot take course in first major subject
3. Must earn a grade of “C” or better
4. EXSC 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. EXSC 412 provides all necessary information pertaining to the internship registration process and is taken the semester prior to internship.

* Students are encouraged to take ESAP 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.**

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Major Code: 6149

Revised: 06.05.2023