

EXERCISE SCIENCE, BACHELOR OF SCIENCE (BS)

RECOMMENDED FOUR-YEAR PLAN

Course	Title	Hours
First Year		
Fall		
Select one of the following:		3
EXSC 100	Introduction to Exercise Science: Careers and Content ³	
EXSC 101	Applied Anatomy/Lab ³	
PHYS 201	Elements of Physics I with Lab ^{1,3}	4
SUBJ 139	Foundations of Academic Discovery ²	3
Rock Studies 2 Requirements (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/)		6
ESAP 101	FIRST Seminar [*]	1
Hours		17
Spring		
Select one of the following:		3
EXSC 100	Introduction to Exercise Science: Careers and Content ³	
EXSC 101	Applied Anatomy/Lab ³	
STAT 152	Elementary Statistics I ^{1,3}	3
Rock Studies 2 Requirements (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/)		9
Computer Competency Course (only if needed)		1
Hours		16
Second Year		
Fall		
Select one of the following: ³		3
EXSC 201	Exercise Physiology with Lab ³	
EXSC 202	Biomechanics with Lab ³	
BIOL 209	Anatomy & Physiology I w/ Lab ²	4
Rock Studies 2 Requirements (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/)		9
Hours		16
Spring		
Select one of the following: ³		3
EXSC 201	Exercise Physiology with Lab ³	
EXSC 202	Biomechanics with Lab ³	
Rock Studies 2 Requirements OR Elective (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/)		9
BIOL 309	Human Anatomy & Physiology II ³	4
Hours		16
Third Year		
Fall		
EXSC 300	Research Methods in Exercise Science ³	3
EXSC 301	Aerobic Exercise Leadership ³	3
EXSC 302	Exercise Leadership: Resistance Training ³	3

Rock Studies 2 Requirements OR Electives (<https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/>) 6

Hours 15

Spring

EXSC 400 Wellness coaching and Program Management³ 3

EXSC 401 Fitness Assessment³ 3

EXSC 402 Exercise Prescription³ 3

EXSC 403 Advanced Exercise Physiology³ 3

Rock Studies 2 Requirements OR Elective (<https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/>) 3

Hours 15

Fourth Year

Fall

EXSC 410 Clinical Exercise Physiology³ 3

EXSC 411 Exercise Science: Special Populations and Conditions³ 3

EXSC 412 Exercise Science: Senior Synthesis³ 3

Select one of the following: 3

EXSC 424 Nutrition and Exercise³

HLTH 424 Nutrition and Exercise³

Rock Studies 2 Requirements OR Elective (<https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/>) 3-4

Hours 15-16

Spring

EXSC 450 Exercise Science Internship^{3,4} 12

Hours 12

Total Hours** 122-123

- 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 490: 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.

Major Code: 6149

Revised: 02.10.2023