



Bachelor of Science in Exercise Science

2020 – 2021 Academic Program

FIRST SEMESTER			SECOND SEMESTER		
Proposed Courses	Sem/Yr	Grade	Proposed Courses	Sem/Yr	Grade
BIO 111 – Molecules, Cell, Animal Systems			ES 102 - First Aid, CPR and Medical Terminology		
ES 101 – Introduction to Exercise Science			BIO 220 - Nutrition		
Core Course – PLE or MA			Core Course – PLE or MA		
FYS 100 – First Year Seminar			Core Course or Elective		
THIRD SEMESTER			FOURTH SEMESTER		
Proposed Courses	Sem/Yr	Grade	Proposed Courses	Sem/Yr	Grade
BIO 201 - Human Anatomy and Physiology I			BIO 202 - Human Anatomy and Physiology II		
PSY 247 - Lifespan Development			PSY 220 - Health Psychology		
PHY 101 - General Physics I			Core Course or Elective (mjr/mnr)		
Core Course or Elective (mjr/mnr)			**Elective (mjr/mnr)		
FIFTH SEMESTER			SIXTH SEMESTER		
Proposed Courses	Sem/Yr	Grade	Proposed Courses	Sem/Yr	Grade
ES 301 – Exercise Physiology I			ES 302 – Exercise Physiology II		
ES 303 – Exercise Science Biomechanics			ES 310 – Strength Training and Conditioning		
ES 304 – Fitness Testing and Exercise Prescription			ES 306 – Prevention and Wellness Promotion		
ES 305 – Nutrition for Sport and Exercise			Core Course or Elective		
Core Course or Elective (mjr/mnr)					
SEVENTH SEMESTER			EIGHTH SEMESTER		
Proposed Courses	Sem/Yr	Grade	Proposed Courses	Sem/Yr	Grade
ES 307 – Exercise in Special Populations			ES 470 – Internship in Exercise Science		
COM 333 - Organizational Communication			ES 495 – Seminar in Exercise Science		
Core Course or Elective (mjr/mnr)			Core Course or Elective (mjr/mnr)		
Core Course or Elective (mjr/mnr)					
Transfer Credits					
TOTAL CREDITS					