

College of Education and Human Services
Department of Exercise Science and Physical Education
Fall 2020 Four Year Plan (Last Edited: 4/11/2022 11:11:00 AM.)

B.S.- Exercise Science (ESCI), Concentration in Clinical and Pre-Professional Studies (CLPS)

Suggested Course Sequences- For those pursuing graduate studies in Allied Health fields

This recommended four-year plan is provided as an outline for students to follow in order to complete their CLPS degree requirements. This plan is a guideline and not a required sequence. Students should use this in consultation with their academic advisor to plan their schedule each semester. The course sequence listed here allows all pre-requisite courses to be met, and for 400-level courses to be completed in the correct year. This plan assumes that no developmental courses are required. There may be additional developmental requirements, which do not appear on this

FIRST YEAR					
Fall Semester	Course	HR	Spring Semester	Course	HR
Freshman Seminar in Health & PE	HPEM 199	1	Communication	CMST 101	3
Fitness Activities	PEMJ 131	3	Principles & Practices of Emergency Care	HPEM 150	3
Mammalian Anatomy & Physiology I	BIOL 244	4	Mammalian Anatomy & Physiology II	BIOL 245*	4
Writing	WRIT 105	3	Literature	WRIT 106	3
Personal Health Issues	HLTH 101	3	GE Mathematics	STAT 109 (STAT 110 [4] can be taken with course substitution)	3
			Math for Business and Social Sciences or Place out by academic history: https://forms.gle/Aq1JEQdygtdEAHTS9	MATH 100 (MATH 111 [4] can be taken instead)	0-3
	Total:	14		Total:	16-19
SECOND YEAR					
Fall Semester	Course	HR	Spring Semester	Course	HR
World Language I		3	World language II		3
General Psychology	PSYC 101	3	Physiology of Exercise	PEMJ 320*	4
Research Methods and Data Interpretation	EXSC 255*	3	Nutrition	NUFD 182	3
College Physics I	PHYS 193*	4	Free Elective or College Physics II	PHYS 194*	4
Philosophical and Religion Perspective		3	Principles of Chemistry or Place out by academic history: https://forms.gle/Aq1JEQdygtdEAHTS9	CHEM 106	0-3
	Total:	16		Total:	14-17
THIRD YEAR					
Fall Semester	Course	HR	Spring Semester	Course	HR
Basic Motor Learning	PEMJ 324*	3	Kinesiology	PEMJ 321*	3
Exercise Assessment and Prescription	EXSC 331*	4	Seminar I in Exercise Science	EXSC 300*	2
Leadership in Anaerobic Program	EXSC 234*	3	GE Computer Science	CSIT 100, 104, 111, 112 or INFO 173	3
General Chemistry I	CHEM 120*	4	Free Elective or General Chemistry II	CHEM 121*	4
Principles of Biology I	BIOL 112*	4	Principles of Biology II (Recommended but Not Required)	BIOL 113*	0-4
			GE American / European History		3
	Total:	18		Total:	15-19
FOURTH YEAR					
Fall Semester	Course	HR	Spring Semester	Course	HR
Free Elective or Theories in Strength & Conditioning	EXSC 420*	3	GE Interdisciplinary Studies		3
Found & Practices of Cardiac Rehabilitation	EXSC 475*	3	GE World Cultures		3
Exercise for Special Populations	EXSC 430*	3	GE Great Work & Their Influences		3
GE Fine and Performing Art		3	Free Elective or Cooperative Education 1 or Internship in Exercise Science	COED 401 EXSC 480	3-5 6-8
GE Global Cultural Perspectives		3			
	Total:	15		Total:	12-17
TOTAL REQUIRED CREDITS = 120 (range shown in suggested 4 year plan 120 – 135)					

* Course has prerequisites.