

**College of Education and Human Services
Department of Exercise Science and Physical Education
Fall 2020 Four Year Plan (Last Edited: 4/11/2022 11:15:00 AM.)**

B.S.- Exercise Science (ESCI), Concentration in Sport Conditioning (SPCD)

Suggested Course Sequences. This recommended four-year plan is provided as an outline for students to follow in order to complete their SPCD 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 course requirements to be fulfilled, which do not appear on this plan.

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
	Total:	14		Total:	16
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
Leadership Aerobic Programming	EXSC 233*	3	GE Great Work & Their Influences		3
GE Global Cultural Perspectives		3	Philosophical and Religion Perspective		3
	Total:	15		Total:	16
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 Anaerobic Programming	EXSC 234*	3	GE Computer Science	CSIT 100, 104, 111, 112 or INFO 173	3
Fundamentals of Chemistry	CHEM 113	4	GE American / European History		3
GE Fine and Performing Art		3	Management Athletics/PE/Fit	HPEM 356*	3
			GE Interdisciplinary Studies		3
	Total:	17		Total:	17
FOURTH YEAR					
Fall Semester	Course	HR	Spring Semester	Course	HR
Theories in Strength & Conditioning	EXSC 420*	3	Seminar II in Exercise Science	EXSC 476*	3
Yoga Relaxation	EXSC 151	1	Internship in Exercise Science or free electives and COED 402 4-credits if COED 401 already completed	EXSC 480*	8-9
GE World Cultures		3			
Free Elective (May Include COED 401 4-credits)		7			
	Total:	14		Total:	11-12
TOTAL REQUIRED CREDITS = 120 (range shown in suggested 4 year plan 120 – 121)					

* Course has prerequisites.