



EXERCISE SCIENCE

(Beginning Fall 2012)



PRE ADMISSION REQUIREMENTS

Hrs	Class #	Class Title	Semester Offered	Prerequisites
(3)	EXS 122	Foundations of Kinesiology	Per department schedule	None
(3)	EXS 223	Intro to Exercise Science	Fall/Spring/Summer	Pre EXS Major
(3)	EXS 296	Practicum (150 hours)	Fall/Spring/Summer	EXS 223 (Pre or Corequisite), INS
(4)	BIOL 131	Anatomy and Physiology		
(4)	CHEM 109- <u>OR</u> - (5) CHEM 120/121	Chemistry		
(3)	MATH 116	Algebra		
(3)	PSY 100	Intro to Psychology		
(3)	SOCL 100	Intro to Sociology – <u>OR</u> - (3) GERO 100	Intro to Gerontology	
(3)	HMD 111	Human Nutrition		
(3)	SFTY 171	CPR and First Aid		

*42 to 43 credit hours, 2.5 cumulative GPA, a grade of “C” or better in all pre admission courses, and submission of application materials.

EXERCISE SCIENCE PROGRAM

Hrs	Class #	Class Title	Semester Offered	Prerequisites
(3)	EXS 310	Kinesiology	Fall/Spring	BIOL 131
(3)	EXS 311	Exercise Physiology	Fall/Spring	BIOL 131, EXS 223, or Instructor permission
(3)	EXS 312	Basic Athletic Training	Per department schedule	EXS 311 or PE 311, Jr. status
(3)	EXS 313	Motor Learning and Control	Spring/Summer	EXS 223, MATH 116, Jr Status
(3)	EXS 324	Measurement and Evaluation	Spring /Summer	MATH 116, EXS 223
(3)	EXS 325	Applied Exercise Physiology	Fall/Spring/Summer	EXS 311, CHEM 109 or higher
(4)	EXS 412	Exercise Testing & Prescription (class/lab)	Fall /Spring	EXS 311
(4)	EXS 420	Clinical Exercise Physiology (class/lab)	Fall/Spring	EXS 325
(3)	EXS 436	Principles of Strength and Conditioning	Fall/Spring	EXS 325
(4)	EXS 446	Biomechanics (class/lab)	Fall /Spring	BIOL 131, MATH 116, Sr. Status
(3)	EXS 455	Exercise and Aging	Fall/Spring	GERO 100 or EXS 223
(6)	EXS 496	Internship (300 hours)	Fall/Spring/Sum	EXS 296 AND EXS 412 (pre or co-requisite), declared EXS major, min GPA of 2.5 at the time of registration and liability insurance.
- OR -				
(6)	EXS 498	Capstone research Experience	Fall/Spring/Sum	EXS 325, 412, senior standing, declared EXS major and min GPA of 2.5 at time of registration, and permission of instructor

*A grade of “C” or better is required for all Exercise Science Major Courses