



B.S. in Exercise Science
EXSBS-EXS.2010
40-48 credits, plus 0 GE credits

Effective Date: 11/2010

Name of Student:		
Student ID #:		Graduation Date
Home Country:	<input type="checkbox"/> IWORK	
Advisor:	Name	Date

1. The EXS Core must be completed with a minimum 2.5 GPA.
2. An EXS major unable to achieve a grade of C- or better for 200 level or higher courses will be required to retake the class.
3. A prerequisite must be passed with a grade of C- or better prior to enrolling in the course requiring the designated prerequisite.
4. All majors must complete the senior seminar by enrolling in and satisfying all requirements for EXS 493/494.
5. All majors, except those completing student teaching, must complete EXS 399R.
6. All majors must be certified in first aid and adult & infant CPR. This may be satisfied by taking HLTH 220 or EXS 164 or EXS 265.
7. An EXS major is not required fulfill the General Education requirement for Health & Exercise and Sports Science.
8. English 101 is a prerequisite for all 300 level or higher EXS courses.
9. BIOL 260/L can be substituted for EXS 260/L.
10. EXS 339 (if offered) can substitute for MATH 221 as a MAJOR requirement only (not GE requirement).

Core Requirements **30 Credits**
(plus 6 GE credits)

Course #	Title	Hr.	Prerequisites	Offered	Sem.	Grade
EXS 177TA	Fitness for Living (T.A.)	1	Taken with permission, SENIOR status	F,W,S		
EXS 260*	Elementary Human Anatomy	2	BIOL 100	F,W		
EXS 260L	Elementary Human Anatomy Lab	1		F,W		
EXS 330	Principles of Physical Education	3		F,W		
MATH 221	Statistics/Measurement & Evaluation	3	MATH 110	W		
EXS 340	Introduction to Motor Learning	3	JR. or SENIOR status	W,F		
EXS 341	Kinesiology	3	EXS 260/L or BIOL 260/L	F,W		
EXS 344	Physiology of Exercise	3		F,W		
EXS 414	Admin. of P.E., Athletics & Intramurals	3	EXS 341, 344, ENGL201	F,W		
EXS 399R	Cooperative Education/Internship	3		F,W,S		
EXS 493	Seminar	1	MATH 221, JR. status	F,W		
EXS 494	Seminar	1	EXS 493	F,W		
CPR/First Aid	Complete one: HLTH 220, EXS 265, EXS 164					

Fundamentals **4 Credits**

Beginning level prerequisite or prior experience required.

EXS 230	Sports Fundamental- GOLF	1	EXS 112/ Instructor consent	F-odd		
EXS 231	Sports Fundamental- BOWLING	1	EXS 115/ Instructor consent	F-odd		
EXS 234	Sports Fundamental- ARCHERY	1	EXS 120/ Instructor consent	F-odd		
EXS 235	Sports Fundamental- TENNIS	1	EXS 133/ Instructor consent	F-odd		
EXS 236	Sports Fundamental- BADMINTON	1	EXS 136/ Instructor consent	W-even		
EXS 237	Sports Fundamental- BASKETBALL	1	EXS 140/ Instructor consent	W-even		
EXS 238	Sports Fundamental- VOLLEYBALL	1	EXS 144/ Instructor consent	W-even		
EXS 239	Sports Fundamental- SOCCER	1	EXS 146/ Instructor consent	W-even		
EXS 240	Sports Fundamental- TOUCH RUGBY	1	EXS 150/ Instructor consent	F-even		
EXS 241	Sports Fundamental- SELF DEFENSE	1	EXS 152/ Instructor consent	F-even		
EXS 242	Sports Fundamental- AQUATICS	1	EXS 161/ Instructor consent	F-even		
EXS 243	Sports Fundamental- WEIGHT TRAINING	1	EXS 178/ Instructor consent	F-even		
EXS 244	Sports Fundamental- DANCE AEROBICS	1	EXS 174R/ Instructor consent	W-odd		
EXS 245	Sports Fundamental- TRACK & FIELD	1		W-odd		
EXS 246	Sports Fundamental- FLAG FOOTBALL	1	EXS 142/ Instructor consent	W-odd		
EXS 247	Sports Fundamental- SOFTBALL	1	EXS 159/ Instructor consent	W-odd		

Recommended Electives **27 Credits**

Each EXS student, in consultation with a * Faculty Advisor, selects a minimum of 10-18 hours of electives which best meets her/his educational goals and interests. When the faculty and student have agreed upon a proposed plan of study, it is presented to the EXS Chair for approval. It will then be sent to the Academic Advisor to assist with a graduation plan. **The student is expected to complete these classes as outlined. Substitutions must be approved by the Faculty Advisor and the EXS Chair. Choose a minimum of 10 to 18 credit hours:**

BIOL 220/L	Microbiology/Lab	4	¾ Science Core	W		/
BIOL 265/L	Molecular and Cellular Biology/Lab	4	BIOL 112, CHEM 105/L	F,S		/
BIOL 261/L	Elementary Human Physiology/Lab	4	¾ Science Core	F		/
CHEM 105/L	General Chemistry I/Lab	4		F,W		/

The terms of this MRS will be honored by the Department and University within the next 8 years. If courses cease to be offered, options for substitution will be provided.

CHEM 106/L	General Chemistry II/Lab	4		W,S		/
PHYS 121/L	General Physics I/Lab	4		F		/
PHYS 122/L	General Physics II/Lab	4		W		/
EXS 265	Water Safety Instruction	2		W		
EXS 270	Sports Nutrition	3		W		
EXS 344L	Physiology of Exercise Lab	1		W		
EXS 349	Prevention & Care/Athletic Injuries	3	EXS or BIOL 260/L, EXS 344, CPR/FA	F		
EXS 365	Athletic Conditioning	3		F		
EXS 369R	Coaching Fundamentals-Basic Principles	2		F		
EXS 369R/2	Coaching Fundamentals- Individual Sport	2		F,W		
EXS 375	Elementary School Physical Education	2		F,W		
EXS 377	Teaching Methods of Physical Education	3		W-odd		
EXS 406	Sports Officiating	2		W-odd		
EXS 410	The Personal Trainer Certification	2		W		
EXS 441	Adapted Physical Education	2	EXS or BIOL 260/L, EXS 344, CPR/FA	W-even		
HLTH 135	Health in Marriage & Pregnancy	2		F,W		
HLTH 220	First Aid	2		W		
HLTH 221	Substance Use & Abuse	3		W-odd		
HLTH 230	Health Issues & Problems	2		F		
HLTH 361	Health in the Elementary School	2		W		
HLTH 369	Community Health	3		W		
HLTH 441	Health in Secondary Schools	2	Soph., Jr. or Sr. status	W-even		

Total Credits Mapped for Graduation:

No credit of less than C- in any BIOL/CHEM course is counted toward graduation