

Name _____ Student ID # _____ *Faculty Advisor _____

Emphasis: _____

2005-2007 REQUIREMENTS FOR EXERCISE AND SPORT SCIENCE MAJORS

Revised 3/05

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 Health 220 or EXS 164 or EXS 265.
7. An EXS major is not required fill the G. E. requirement for EXS 100 elective. EXS majors must take EXS 177 as a Jr. or Sr.
8. English 101 is a prerequisite for all 300 level or higher EXS courses.

EXERCISE AND SPORT SCIENCE CORE REQUIREMENTS (30 hours)

<u>Course</u>	<u>Sem.</u>	<u>Gr.</u>	<u>Crs.</u>	<u>Course Title</u>	<u>Prerequisites</u>	<u>Offered</u>
MAJOR CORE CLASSES: 26 Cr. Hrs.						
EXS 260/Lab	_____	_____	3	Elementary Human Anatomy & Lab	Biology 100	W
EXS 330	_____	_____	3	Principles of Physical Education	None	F
EXS 339	_____	_____	3	Measurement & Evaluation	Math 106	W
EXS 340	_____	_____	3	Introduction to Motor Learning	Jr. or Sr. year	W
EXS 341	_____	_____	3	Kinesiology	EXS/Biol 260/L F	
EXS 344	_____	_____	3	Physiology of Exercise	Biology 100	W
EXS 399R	_____	_____	3	Cooperative Education	Permission	F, W, Sp
EXS 414	_____	_____	3	Admin. of PE, Ath, & Intramural Progs.	Jr. or Sr. year	
EXS 493	_____	_____	1	Seminar	EXS 339 & Sr. Year	F, W
EXS 494	_____	_____	1	Seminar	EXS 494 & Sr. Year	F, W

SPORTS FUNDAMENTALS: 4 Cr. Hrs. (Each class is 1 Cr. Hr)

F. A.*

EXS 230	_____	_____	_____	Sports Fundamentals - Golf	EXS 112 or equiv.	Even F
EXS 231	_____	_____	_____	Sports Fundamentals - Bowling	EXS 115 or equiv.	Even W
EXS 234	_____	_____	_____	Sports Fundamentals - Archery	EXS 126 or equiv.	Odd F
EXS 235	_____	_____	_____	Sports Fundamentals - Tennis	EXS 133 or equiv.	Odd W
EXS 236	_____	_____	_____	Sports Fundamentals - Badminton	EXS 136 or equiv.	Even F
EXS 237	_____	_____	_____	Sports Fundamentals - Basketball	EXS 140 or equiv.	Even W
EXS 238	_____	_____	_____	Sports Fundamentals - Volleyball	EXS 144 or equiv.	Odd F
EXS 239	_____	_____	_____	Sports Fundamentals - Soccer	EXS 146 or equiv.	Even W
EXS 240	_____	_____	_____	Sports Fundamentals - Rugby	EXS 150 or equiv.	Odd W
EXS 241	_____	_____	_____	Sports Fundamentals - Self-Defense	EXS 152 or equiv.	Odd F
EXS 242	_____	_____	_____	Sports Fundamentals - Aquatics	EXS 161 or equiv.	Even F
EXS 243	_____	_____	_____	Sports Fundamentals - Weight Training	EXS 178 or equiv.	Odd W
EXS 244	_____	_____	_____	Sports Fundamentals - Dance Aerobics	EXS 174R or equiv.	Even W
EXS 245	_____	_____	_____	Sports Fundamentals - Track and Field	None	Odd F
EXS 246	_____	_____	_____	Sports Fundamentals - Flag Football	EXS 142 or equiv.	Even F
EXS 247	_____	_____	_____	Sports Fundamentals - Softball	EXS 159 or equiv.	Odd W

EXERCISE AND SPORT SCIENCE RECOMMENDED ELECTIVES

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 hour:

<u>Course</u>	<u>Sem.</u>	<u>Gr.</u>	<u>*F.A.</u>	<u>Crs.</u>	<u>Course Title</u>	<u>Prerequisites</u>	<u>Offered</u>
BIOL 220/L	_____	_____	_____	4	Microbiology & Lab	Biology 100	F, Sp
BIOL 261/L	_____	_____	_____	4	Human Physiology & Lab	Biology 100	F
CHEM 181/L	_____	_____	_____	3	Introductory Biochemistry & Lab	Chem. 101 & 152/L	On Demand
EXS 265	_____	_____	_____	2	Water Safety Instruction	EXS 161, 242 or equiv.	W
EXS 270	_____	_____	_____	3	Sports Nutrition	None	W
EXS 344L	_____	_____	_____	1	Physiology of Exercise Lab	Taken with EXS 344	W
EXS 349	_____	_____	_____	3	Prevention & Care of Athl. Injs.	EXS 260, 344, Hlth 220	F
EXS 365	_____	_____	_____	3	Athletic Conditioning	None	F
EXS 369R	_____	_____	_____	2	Coaching Fundamentals - PACE	Section 1 see catalog	F
EXS 369R/2	_____	_____	_____	2	Coaching Fundamentals – Sports	Section 2 see catalog	F, W
EXS 375	_____	_____	_____	2	Elementary School Physical Ed.	None	F, W
EXS 377	_____	_____	_____	3	Teaching Methods of Physical Ed.	None	Odd W
EXS 406	_____	_____	_____	2	Sports Officiating	None	Odd W
EXS 410	_____	_____	_____	2	The Personal Trainer Certification	Sr. Year (see advisor)	Sp
EXS 441	_____	_____	_____	2	Adapted Physical Education	EXS 341 & 344	Even W
Hlth 135	_____	_____	_____	2	Health in Marriage & Pregnancy	None	Odd Fall
Hlth 220	_____	_____	_____	2	First Aid	None	W
Hlth 221	_____	_____	_____	3	Substance Use & Abuse	None	Odd W
Hlth 230	_____	_____	_____	2	Health Issues & Problems	None	Fall
Hlth 361	_____	_____	_____	2	Health in the Elementary School	EIEd 310 & Educ 312	W
Hlth 369	_____	_____	_____	3	Community Health	None	W
Hlth 441	_____	_____	_____	2	Health in Secondary Schools	Jr. or Sr. Year	Even W
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____

ADDITIONAL MAJOR REQUIREMENTS BEYOND THE CORE AND ELECTIVE CLASSES: 1-3 Cr. Hrs.

CPR & FA	_____	_____	1-2	CPR & FA Cards, Hlth 220, EXS 164 or 265 (Choose one)			
EXS 177	_____	_____	1	Fitness for Living (Practicum)	Permission is Required		F, W, Sp

Academic Advisor, Date:

EXS Chair, Date: