

Academic Program Sequence Map

Program Degree Type and Name: BS Exercise Science - Clinical Track

Catalog Year: 2025-2026

Program Level: Undergraduate Academic Term Type: Semester

* Denote core course with an asterisk and (cc) next to the course number

Year and Term: Year 1, Fall Term	Credits Per Classification					
Course Number & Title	CR	GE	Maj	OE	Co/Pre requisite(s)	Milestone/Advice
ENGL 111 Written English I	3	X				
MATH 116 College Algebra	3	X				
COMM 110 Oral Communication	3	X				
ENGL 110 or Gen Ed	3	X				
CINQ 101 Critical Inquiry	3	X				
Term Credit Total:	15	15				
Year and Term: Year 2, Fall Term	Credits Per Classification					
Course Number & Title	CR	GE	Maj	OE	Co/Pre requisite(s)	Milestone/Advice
BIOL 131 Anatomy & Physiology II	3	X			BIOL130/130A	
BIOL 131A Anatomy & Physiology II Lab	1	X			BIOL130/130A	
PHYS 160 General Physics I	4		X		MATH201	
EXSC 230 Applied Motor Learning	3		X		EXSC110	
EXSC 250 Research Methods in Ex. Sci.	3		X		EXSC110	
Term Credit Total:	14	4	10			
Year and Term: Year 3, Fall Term	Credits Per Classification					
Course Number & Title	CR	GE	Maj	OE	Co/Pre requisite(s)	Milestone/Advice
PSYN 233 Developmental Psychology	3		X		PSYN 101	
EXSC 360 Exercise Kinesiology	3		X		BIOL 131/131A, EXSC 230, PHYS 160	
CHEM 160 General Chemistry I	3	X			MATH116 or 201	
CHEM 160A General Chemistry I Lab	1	X			MATH116 or 201	
EXSC 209 Emergency Care, First Aid / CPR	2		X			
Gen Ed	3	X				
Term credit total:	15	7	8			
Year and Term: Year 4, Fall Term	Credits Per Classification					
Course Number & Title	CR	GE	Maj	OE	Co/Pre requisite(s)	Milestone/Advice
EXSC 490 Exercise Testing	3		X		EXSC360, EXSC460/460A	
EXSC 490A Exercise Testing Lab	1		X		EXSC360, EXSC460/460A	
BIOL 160 General Biology I	3		X		MATH116 or 201	
BIOL 160A General Biology I Lab	1	x			MATH116 or 201	
Open Elective	3			X		
Gen Ed	3	X				
Term Credit Total:	14	4	7	3		

Year and Term: Year 1, Spring Term	Credits Per Classification					
Course Number & Title	CR	GE	Maj	OE	Co/Pre requisite(s)	Milestone/Advice
BIOL 130 Anatomy & Physiology I	3	X			MATH116 or 201, ENGL111	
BIOL 130A Anatomy & Physiology I Lab	1	X			MATH116 or 201, ENGL111	
MATH 201 Pre-Calculus	3	X			MATH116	
ENGL 112 Written English II	3	X			ENGL111	
PSYN 101 Introduction to Psychology	3	X				
EXSC 110 Foundations of Exercise Sci	3		X			GC, CA
Term Credit Total:	16	13	3			
Year and Term: Year 2, Spring Term	Credits Per Classification					
Course Number & Title	CR	GE	Maj	OE	Co/Pre requisite(s)	Milestone/Advice
BIOL 117 Nutrition	3	X				
PHYS 161 General Physics II	4		X		PHYS161	
Gen Ed	3	X				
BHSC 370 Statistics	3		X		MATH116, PSYN101	
Gen. Ed.	3	X				
Term Credit Total:	16	9	7			
Year and Term: Year 3, Spring Term	Credits Per Classification					
Course Number & Title	CR	GE	Maj	OE	Co/Pre requisite(s)	Milestone/Advice
EXSC 460 Exercise Physiology	3		X		EXSC250, BIOL131/131A	
EXSC 460A Exercise Physiology Lab	1		X		EXSC250, BIO131/131A	
CHEM 161 General Chemistry II	3	x			CHEM160/160A	
CHEM 161A General Chemistry II Lab	1	x			CHEM160/160A	
JRSM 301 Junior Seminar	3	X			ENGL112, COMM110, MATH116	
Open Elective	3			X		
Term Credit Total:	14	7	4	3		
Year and Term: Year 4, Spring Term	Credits Per Classification					
Course Number & Title	CR	GE	Maj	OE	Co/Pre requisite(s)	Milestone/Advice
EXSC 492 Ex. Prescr. for Special Populations	3		X		EXSC490/90A	
EXSC 493 Exercise Science Capstone	3		X		EXSC490/90A	
EXSC 495 Exercise Science Internship	3		X		EXSC360, EXSC460/460A, 90+ cr.	ELC, WBE
BIOL 161 General Biology II Lecture	3		x		BIOL161/161A	
BIOL 161A General Biology II Lab	1	x			BIOL161/161A	
Open Elective	3			X		
Term Credit Total:	16	1	12	3		

Program Totals	Credits: 120	Gen Ed: 60	Major & Major Elective: 51	Open Elective: 9
----------------	--------------	------------	----------------------------	------------------

Legend: CR: Credits GE: General Education Maj: Major / Major Elective OE: Open Elective SM: Success Marker Co/Prerequisite(s): List of co/ prerequisites for noted course GC: Gateway Courses CA: Career Activity
ELC: Experiential Learning Course WBE: Work Based Experience