

# Academic Program Sequence Map

Program Degree Type and Name: **BS Exercise Science Performance 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: 1 Fall		Credits Per Classification				
Course Number & Title	CR	GE	Maj	OE	Co/Pre requisite(s)	Milestone/Advice
ENGL 111 Written English & Literary Studies I	3	x				
CINQ 101 Critical Inquiry	3	x				
MATH 116 College Algebra	3	x				
COMM 110 Oral Communication	3	x				
ENGL 110 or Gen Ed	3	x				
<b>Term Credit Total:</b>	<b>15</b>	<b>15</b>				

Year and Term: 2 Fall		Credits Per Classification				
Course Number & Title	CR	GE	Maj	OE	Co/Pre requisite(s)	Milestone/Advice
EXSC 250 Research Methods in Exercise Science	3		x		EXSC110	
BIOL 117 Nutrition	3	x				
BIOL 131 Anatomy & Physiology II	3	x			BIOL130/130A	
BIOL 131A Anatomy & Physiology II Lab	1	x			BIOL130/130A	
EXSC 105 Introduction to Athletic Training	3		x			
EXSC 230 Applied Motor Learning	3		x		EXSC110	
<b>Term Credit Total:</b>	<b>16</b>	<b>7</b>	<b>9</b>			

Year and Term: 3 Fall		Credits Per Classification				
Course Number & Title	CR	GE	Maj	OE	Co/Pre requisite(s)	Milestone/Advice
JRSM 301 Junior Seminar	3	x			ENGL112, COMM110, MATH116	
Gen. Ed.	3	x				
EXSC 360 Exercise Kinesiology	3		x		BIOL 131/131A, EXSC 230, PHYS 120	
EXSC 209 Emergency Care, CPR / First Aid	2		x			
Open Elective	3			x		
<b>Term credit total:</b>	<b>14</b>	<b>6</b>	<b>5</b>	<b>3</b>		

Year and Term: 4 Fall		Credits Per Classification				
Course Number & Title	CR	GE	Maj	OE	Co/Pre requisite(s)	Milestone/Advice
EXSC 490 Exercise Testing and Prescription	3		x		EXSC360, EXSC460/460A	
EXSC 490A Exercise & Prescription Lab	1		x		EXSC360, EXSC460/460A	
EXSC 385 Advanced Strength & Conditioning	3		x		EXSC240, 285, 360, 460/460A	
EXSC 495 Exercise Sci Internship I	3		x		EXSC360, EXSC460/460A, 90+ cr.	ELC, WBE
Open Elective	3			x		
Gen. Ed.	1	x				
<b>Term Credit Total:</b>	<b>14</b>	<b>1</b>	<b>10</b>	<b>3</b>		

Year and Term: 1 Spring		Credits Per Classification				
Course Number & Title	CR	GE	Maj	OE	Co/Pre requisite(s)	Milestone/Advice
ENGL 112 Written English & Literary Studies I	3	x			ENGL111	
BIOL 130 Anatomy & Physiology I	3	x			MATH116 or 201, ENGL111	
BIOL 130A Anatomy & Physiology I Lab	1	x			MATH116 or 201, ENGL111	
PSYN 101 Introduction to Psychology	3	x				
EXSC 110 Foundations of Exercise Science	3		x			GC / CA
CISC 120 Introduction to Computers	3	x				
<b>Term Credit Total:</b>	<b>16</b>	<b>13</b>	<b>3</b>			

Year and Term: 2 Spring		Credits Per Classification				
Course Number & Title	CR	GE	Maj	OE	Co/Pre requisite(s)	Milestone/Advice
Gen. Ed.	3	x				
PSYN 235 Sports Psychology	3	x			PSYN101	
Gen. Ed.	3	x				
PHYS 120 Physics of the Human Body	3	x				
EXSC 240 Sports Nutrition	3		x		BIOL117, BIOL131/131A	
<b>Term Credit Total:</b>	<b>15</b>	<b>12</b>	<b>3</b>			

Year and Term: 3 Spring		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	
EXSC 285 Principles of Strength and Conditioning	3		x		BIOL131/131A, EXSC110	
EXSC 370 Biomechanics	3		x		EXSC360	
Gen. Ed.	3	x				
Open Elective	3			x		
<b>Term Credit Total:</b>	<b>16</b>	<b>3</b>	<b>10</b>	<b>3</b>		

Year and Term: 4 Spring		Credits Per Classification				
Course Number & Title	CR	GE	Maj	OE	Co/Pre requisite(s)	Milestone/Advice
EXSC 492 Exercise Prescription for Special Pop.	3		x		EXSC490/90A	
EXSC 496 Exercise Science Internship II	3		x		EXSC360, EXSC460/460A, 90+ cr.	ELC, WBE
Gen Ed	3	x				
EXSC 493 Exercise Science Capstone	3		x		EXSC490/90A	
Open Elective	2			x		
<b>Term Credit Total:</b>	<b>14</b>	<b>3</b>	<b>9</b>	<b>2</b>		

<b>Program Totals</b>	Credits: 120	Gen Ed: 60	Major & Major Elective: 49	Open Elective: 11
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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