

Example Course Sequence:

The following is a sample of a semester-by-semester approach to completing this program in 4 years.

YEAR 1			
FIRST SEMESTER			
COURSE		CREDITS	PREREQUISITES
LA-FWS	First-Year Writing Seminar	3	
LA-FSS	First Year Success Seminar	1	
NUTR 210	Introduction to Human Nutrition	3	
EXSC 101	Introduction to Rehabilitation Sciences	3	
ELECTIVE/MINOR		3	
JAN TERM			
COURSE		CREDITS	
ELECTIVE/MINOR		3	
SECOND SEMESTER			
COURSE		CREDITS	
BIOL 202	Fundamentals of Human Anatomy	3	Spring
BIOL 202L	Fundamentals of Human Anatomy Lab	1	Spring
LA-FCS	First-Year Communication Seminar	3	
LA-FQR	Quantitative Reasoning	3	
ELECTIVE/MINOR		3	
		29	

YEAR 2			
THIRD SEMESTER			
COURSE		CREDITS	PREREQUISITES
BIOL 204	Fundamentals of Human Physiology	3	Fall
BIOL 204L	Fundamentals of Human Physiology	1	Fall
EXSC 205	Team Performance Training	3	Concurrent w/EXSC 250
EXSC 250	Performance Training Lab I	1	Concurrent w/EXSC 205
LA-TFR	Faith, Reason, and Ethics	3	
LA-ESS	Social Sciences	3	
JAN TERM			
COURSE		CREDITS	
ELECTIVE/MINOR		3	
EXPERIENTIAL		3	
FOURTH SEMESTER			
COURSE		CREDITS	
EXSC 260	Performance Training Lab II	1	Concurrent w/EXSC 206
EXSC 206	Individual and Dual Performance Training	3	Concurrent w/EXSC 260
EXSC 243	Principle of Fitness	3	
EXSC 276	Practicum in Health/Fitness/Wellness	2	Prior written approval by dept chair
LA-EAH	Arts and Humanities	3	
		29	

4-Year Sample Schedule Cont.

YEAR 3			
FIFTH SEMESTER			
COURSE		CREDITS	PREREQUISITES
EXSC 325	Exercise Physiology	3	BIOL 204 & 204L; instr. Consent; FYWS or ENG 111
EXSC 325L	Exercise Physiology Lab	1	
EXSC 230	Sport Psychology	4	PSYC 110 or permission from instructor
ELECTIVE/MINOR		3	
LA-TCE	Creative Expression	3	
JAN TERM			
COURSE		CREDITS	
ELECTIVE/MINOR		3	
SIXTH SEMESTER			
COURSE		CREDITS	
EXSC 209	Principles of Coaching	3	
EXSC 345	Functional Kinesiology	3	
EXSC 339	Fundamental Technique of Exercise & Fitness	3	
LA-TBI	Big Issues	3	
EXPERIENTIAL		3	
		32	

YEAR 4			
SEVENTH SEMESTER			
COURSE		CREDITS	PREREQUISITES
EXSC 410	Admin of Health & Physical Activity Programs	3	FWS or ENG 111
EXSC 425	Essentials of Strength and Conditioning	3	
LA-TBI	Big Issues	3	
LA-FCG	Cultural and Global Understanding	3	
ELECTIVE/MINOR		3	
JAN TERM			
COURSE		CREDITS	
EXPERIENTIAL		3	
EIGHTH SEMESTER			
COURSE		CREDITS	
EXSC 476	Internship in Health/Fitness/Wellness	4	Junior or senior standing; approval by dept chair
EXPERIENTIAL		3	
ELECTIVE/MINOR		3	
ELECTIVE/MINOR		3	
		31	
	TOTAL CREDITS	121	