



Four-Year Degree Plan

Catalog: 24-25

Major:		Exercise Science				
Concentration:		Pre-AT		Minor:		
Concentration 2:				Credits: 120		
Fall 2024			15	Spring 2025		16
ESCI 100	Intro to AH Professions	3		ESCI 125	Health Risk Intervention	3
FYE 100	College Engagement Sem	2		ESCI 237	Inclusive Recreation	3
GLST 100	World Issues	3		COMM 120	Intro to Human Comm	3
HPM GEN E	Student Choice	3		ENGL 125	Composition I	3
BIO 120	Biology I	4		Creative Ge	Student Choice	3
BIO 120 L	Biology I Lab	0		GEN 101	Jacket Journey	1
Fall 2025			16	Spring 2026		14
BIO 235	Anatomy & Physiology I	4		BIO 236	Anatomy & Physiology II	4
BIO 235 L	Anatomy & Physiology I	0		BIO 236 L	Anatomy & Physiology II	0
ENGL 225	Composition II	3		ESCI 256	Research in ESCI	3
PSY 110	Introduction to Psycholo	3		ESCI 280	S&C Principles	3
ESCI 220	Medical Terminology	2		Open Electiv	Student Choice	3
MATH 114	Precalculus	4		GEN 201	Jacket Journey	1
Fall 2026			15	Spring 2027		15
ESCI 380	S&C Program Design	3		CHEM 113	Chemistry Around Us	4
ESCI 340	Sport and Fitness Nutriti	3		CHEM 113 L	Chem Around Us Lab	0
ESCI 481	Coaching/Administratio	3		ESCI 234	CPR & First Aid	1
PSY 220	Lifespan	3		ESCI 330	Sport and Fitness Pharm	3
Open Electiv	Student Choice	3		SPMT 320	Sociology of Sport	3
				Open Electiv	Student Choice	3
				GEN 301	Jacket Journey	1
Fall 2027			16	Spring 2028		13
ESCI 355	Exercise Physiology	3		ESCI 356	Applied Biomechanics	3
ESCI 498	Exercise Science Capstor	3		Open Electiv	Student Choice	3
ESCI 491	Internship	3		Open Electiv	Student Choice	3
PHYS 210	Physics I	4		Open Electiv	Student Choice	3
PHYS 210 L	Physics I Lab	0		GEN 401	Jacket Journey	1
Open Electiv	Student Choice	3				

- Indicates course required of major
- Indicates General Education Requirement
- Indicates course required of Concentration

For Sterling College's MSAT program students must have:

1. 3.0 cumulative GPA
2. complete the prerequisites courses - highlighted in blue on DC's plan of study above
3. complete full application process through ATCAS
4. Document 50 hours of direct observation of a certified AT
5. Successfully complete an interview with the MSAT Admissions Committee