



## Four-Year Degree Plan

Catalog: 25-26

<b>Major:</b>	Exercise Science		
<b>Concentration:</b>	Pre-AT	<b>Minor:</b>	
<b>Concentration 2:</b>		<b>Credits:</b>	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 ED	Student Choice	3		ENGL 125	Composition I	3	
BIO 120	Biology I	4		Creative Gen	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 L	0		BIO 236 L	Anatomy & Physiology II	0	
ENGL 225	Composition II	3		ESCI 256	Research in ESCI	3	
PSY 110	Introduction to Psychology	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 Nutrition	3		CHEM 113 L	Chem Around Us Lab	0	
ESCI 481	Coaching/Administration	3		ESCI 234	CPR & First Aid	1	
PSY 220	Lifespan	3		ESCI 330	Sport and Fitness Pharmacology	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 Capston	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