



## Four-Year Degree Plan

Catalog: 24-25

		Major: Exercise Science			
Concentration: Pre-OT		Minor:			
Concentration 2:				Credits:	120
Fall 2024		15		Spring 2025	
ESCI 100	Intro to AH Professions	3		ESCI 125	Health Risk Intervention
FYE 100	College Engagement Sem	3		ESCI 237	Inclusive Recreation
GLST 100	World Issues	3		COMM 120	Intro to Human Comm.
BIO 120	Principles of Bio I	4		ENGL 125	Composition I
BIO 120 Lab	Principles of Bio I Lab	0		HPM GEN ED	Student Choice
Open Electiv	Student Choice	2		GEN 101	Jacket Journey
Fall 2025		15		Spring 2026	
BIO 235	Anatomy & Physiology I	4		BIO 236	Anatomy & Physiology II
BIO 235 L	Anatomy & Physiology I L	0		BIO 236 L	Anatomy & Physiology II
ENGL 225	Composition II	3		ESCI 256	Research in ESCI
PSY 110	Introduction to Psychology	3		ESCI 280	S&C Principles
ESCI 220	Medical Terminology	2		MATH 114	Precalculus
SOC 120	Life in Society	3		GEN 201	Jacket Journey
Fall 2026		15		Spring 2027	
ESCI 380	S&C Program Design	3		CHEM 113	Chemistry Around Us
ESCI 340	Sport and Fitness Nutrition	3		CHEM 113 L	Chem Around Us Lab
PSY 220	Lifespan	3		ESCI 234	CPR/First Aid
Open Electiv	Student Choice	3		ESCI 330	Sport and Fitness Pharma
Creative Gen	Student Choice	3		ESCI 491	Internship
				Open Electiv	Student Choice
				GEN 301	Jacket Journey
Fall 2027		16		Spring 2028	
ESCI 355	Exercise Physiology	3		ESCI 356	Applied Biomechanics
PSY 280	Abnormal Psychology	3		PSY 450	Neuroscience
PHYS 210	Physics I	4		Open Electiv	Student Choice
PHYS 210 La	Physics I Lab	0		Open Electiv	Student Choice
Open Electiv	Student Choice	3		GEN 401	Jacket Journey
ESCI 498	ESCI Capstone	3			

Indicates course required of major

Indicates General Education Requirement

Indicates course required of Concentration area