



Four-Year Degree Plan

Catalog: 25-26

Major:

Exercise Science

Concentration:

Pre-PT

Minor:

Concentration 2:

Credits:

123

Fall 2024

16

Spring 2025

17

ESCI 100	Intro to AH Professions	3		ESCI 125	Health Risk Intervention	3
FYE 100	College Engagement Sem	3		ESCI 237	Inclusive Recreation	3
GLST 100	World Issues	3		ENGL 125	Composition I	3
BIO 120	Principles of Bio I	4		BIO 129	Principles of Bio II	4
BIO 120 Lab	Principles of Bio I Lab	0		BIO 129 Lab	Principles of Bio II Lab	0
COMM 120	Intro to Human Comm.	3		Creative Gen	Student Choice	3
				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 Lab	Anatomy & Physiology I L	0		BIO 236 Lab	Anatomy & Physiology II	0
ENGL 225	Composition II	3		ESCI 256	Research in ESCI	3
PSY 110	Intro to Psychology	3		ESCI 280	S&C Principles	3
ESCI 220	Medical Terminology	2		SOC 120	Life in Society	3
MATH 114	Precalculus	4		GEN 201	Jacket Journey	1

Fall 2026

16

Spring 2027

14

CHEM 123	Gen Chem I	4		CHEM 124	Gen Chem II	4
CHEM 123 L	Gen Chem I Lab	0		CHEM 124 L	Gen Chem II Lab	0
ESCI 380	S&C Program Design	3		ESCI 234	CPR/First Aid	3
ESCI 340	Sport and Fitness Nutritio	3		ESCI 330	Sport and Fitness Pharma	3
PSY 220	Lifespan	3		HPM Gen Ed	Student Choice	3
Open Electiv	Student Choice	3		GEN 301	Jacket Journey	1

Fall 2027

16

Spring 2028

14

PHYS 210	Physics I	4		PHYS 220	Physics II	4
PHYS 210 La	Physics I Lab	0		PHYS 220 La	Physics II Lab	0
PSY 280	Abnormal Psychology	3		ESCI 356	Applied Biomechanics	3
ESCI 355	Exercise Physiology	3		Open Electiv	Student Choice	3
ESCI 491	Internship	3		Open Electiv	Student Choice	3
Open Electiv	Student Choice	3		GEN 401	Jacket Journey	1

Indicates course required of major

Indicates General Education Requirement

Indicates course required of Concentration area