



Four-Year Degree Plan

Catalog: 25-26

		Major: Exercise Science			
Concentration: Pre-PT		Minor:			
Concentration 2:				Credits:	123
Fall 2024		16		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		ENGL 125	Composition I
BIO 120	Principles of Bio I	4		BIO 129	Principles of Bio II
BIO 120 Lab	Principles of Bio I Lab	0		BIO 129 Lab	Principles of Bio II Lab
COMM 120	Intro to Human Comm.	3		Creative Gen	Student Choice
				GEN 101	Jacket Journey
Fall 2025		16		Spring 2026	
BIO 235	Anatomy & Physiology I	4		BIO 236	Anatomy & Physiology II
BIO 235 Lab	Anatomy & Physiology I Lab	0		BIO 236 Lab	Anatomy & Physiology II Lab
ENGL 225	Composition II	3		ESCI 256	Research in ESCI
PSY 110	Intro to Psychology	3		ESCI 280	S&C Principles
ESCI 220	Medical Terminology	2		SOC 120	Life in Society
MATH 114	Precalculus	4		GEN 201	Jacket Journey
Fall 2026		16		Spring 2027	
CHEM 123	Gen Chem I	4		CHEM 124	Gen Chem II
CHEM 123 L	Gen Chem I Lab	0		CHEM 124 L	Gen Chem II Lab
ESCI 380	S&C Program Design	3		ESCI 234	CPR/First Aid
ESCI 340	Sport and Fitness Nutrition	3		ESCI 330	Sport and Fitness Pharmacology
PSY 220	Lifespan	3		HPM Gen Ed	Student Choice
Open Electiv	Student Choice	3		GEN 301	Jacket Journey
Fall 2027		16		Spring 2028	
PHYS 210	Physics I	4		PHYS 220	Physics II
PHYS 210 La	Physics I Lab	0		PHYS 220 La	Physics II Lab
PSY 280	Abnormal Psychology	3		ESCI 356	Applied Biomechanics
ESCI 355	Exercise Physiology	3		Open Electiv	Student Choice
ESCI 491	Internship	3		Open Electiv	Student Choice
Open Electiv	Student Choice	3		GEN 401	Jacket Journey

 Indicates course required of major

 Indicates General Education Requirement

 Indicates course required of Concentration area