



## Four-Year Degree Plan

Catalog: 24-25

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