



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/Pe	Student Choice	3		Creative Gen	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