

B.S. in Exercise and Sports Science - Generalist Track

Click on the course number to view course title and description.

Code	Title	Semester Hours
Exercise and Sports Science - Generalist Track Degree Plan (120 hours)		
Core Requirements (45 hours)		
First Year Seminar		3
FYE 1301	First Year Seminar	
Freshmen Composition I		3
EN 1311	Rhetoric and Composition	
or EN 1313	Rhetoric and Composition for International Students	
Literature		3
Any EN 23XX literature course		
History		3
Any 1000, 2000, or 3000-level HS course		
Social Science		6
Select two from the following: BA 1310, CJ 1301 CPH 1301, EC 2301, EC 2303, ED 2330, HU 3300, HU 3303, PO 1311, PO 1312, PO 1314, PO 2302, PO 2312, PS 1301, PS 2310, PS 2353, PS 2355, PS 2363, PS 2337, SC 1311, SC 2321, SC 2371, 3 hrs. of Communication Studies (CM 1341, CM 2333, CM 2334)		
Mathematics		3
MT 1303	College Algebra	
or MT 1411	Precalculus	
or MT 1304	Algebra for Clinical Applications	
Natural or Physical Sciences		3
Select one: BL 1301, BL 1302, BL 3311, CH 1303, CH 1304, CH 1401, CH 1402, ES 1300, ES 1301, ES 1302, ES 1303, ES 1304, ES 1305, ES 1373, PY 1300, PY 1310, PY 1401, PY 1402		
Fine Arts		3
Select one course from the following: AR 1300, AR 1301, AR 1311, AR 1312, AR 2301, AR 2321, AR 2361, AR 2362, AR 3331, AR 3351, AR 3381, AR 3392, any 3 hr. DM course, MU 1300 or 3 hrs. of any MU		
Foreign Language and International Engagement		6
This requirement is satisfied through one of four ways: (1) One 3-hour course in any language at the 3000 level or above, with a grade of B or better; (2) Two courses (1311 and 1312) in a language not previously studied; (3) Two courses (2311 and 2312) in a language previously studied at the high school or college level; (4) Qualifying scores on an AP or CLEP exam, or both the ACTFL OPI and WPT exams		
Philosophy - Self		3
PL 1301	Intro to Philosophy	
Philosophy - Ethics		3
PL 2301	Foundations of Ethics	
Theology - God		3
TH 1301	Introduction to Theology	
Intermediate Theology		3
Any TH 33xx course		
Exercise and Sport Science Major Courses - Generalist Track (46 hours)		
EX 1302	Foundations of Exercise & Sport Science	3
EX 1312 or NU 3301	Lifelong Health and Wellness or Health Promotion and Disease Prevention Across the Lifespan (Nursing)	3
EX 2310	Motor Learning	3
BL 1411	Human Anatomy & Physiology I (or EX 1411)	4
BL 1412	Human Anatomy and Physio II (or EX 1412)	4
EX 3304	Biomechanics of Human Movement	3
EX 3310	Field Experience	3

or NU 4404	Clinical Immersion	
EX 3401	Exercise Physiology	4
EX 4308	Research Seminar	3

Level 1 Elective Courses (select 4) 12

Consult with your academic adviser to determine which 4 of the following Medical Fitness courses and/or Strength and Conditioning courses best fit your career interests

Level 1: Medical Fitness Elective

EX 2304	Medical Terminology	
EX 3302	Prevention & Care of Activity-Related Injuries	
NU 2303	Holistic Health Assessment	
EX 3314	Exercise and Sport Psychology	
EX 4302	Advanced Exercise Physiology	

Level 1: Strength and Conditioning Elective

EX 2306	Instruction of Sports Activities and Games	
EX 2308	Introduction to Athletic Training	
EX 3306	Current Issues in Exercise & Sport Science	
EX 4306	Sport Nutrition	

Level 2 Elective Course (Select 1) 4

Consult with your academic adviser to determine which course best fits your career interests

Level 2: Medical Fitness Elective

EX 4404	Exercise Testing and Prescription	
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Level 2: Strength and Conditioning Elective

EX 4408	Essentials of Strength and Conditioning	
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General Electives (29 hours) 29

An elective can be any course taken from any discipline. Students can use these hours to pursue certificates, minors, or second majors.

Total Semester Hours 120

This is a recommended degree plan subject to changes. Students should meet with their advisor on a regular basis.

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First Year

Fall	Semester Spring Hours	Semester Hours
FYE 1301	3 Literature	3
EN 1311	3 Natural or Physical Science	3
Foreign Language I	3 Foreign Language II	3
Social Science (1 of 2)	3 EX 1312	3
EX 1302	3 General Elective	3
	15	15

Second Year

Fall	Semester Spring Hours	Semester Hours
Mathematics	3 Social Science (2 of 2)	3
PL 1301	3 TH 1301	3
EX 2310	3 Fine Arts	3
EX 1411	4 EX 3304	3
General Elective	3 EX 3401	4
	16	16

Third Year

Fall	Semester Spring Hours	Semester Hours
History	3 Intermediate Theology	3
PL 2301	3 EXSS Level 1 Elective (1 of 4)	3

EX 3310	3 EXSS Level 1 Elective (2 of 4)	3
EX 1412	4 General Elective	3
General Elective	3 General Elective	3
16		15

Fourth Year

Fall	Semester Spring Hours	Semester Hours
EXSS Level 1 elective (3 of 4)	3 EX 4308	3
EXSS Level 1 elective (4 of 4)	3 EXSS Level 2 elective (1 of 1)	4
General Elective	3 General Elective	3
General Elective	3 General Elective	2
General Elective	3	
15		12

Total Semester Hours 120