

SEMESTER 1 (Fall)	CREDITS	SEMESTER 2 (Spring)	CREDITS
XS130: Intro to Exercise Science	2	SM130: First Aid & CPR	1
BI131: Human Nutrition	4	Social Science	4
ID120: FYE	1	BI203: Human Biology	4
ENG 101: Writing II	4	Math 105 or Higher	4
Humanities	4	XS Elective	4
TOTAL CREDITS:	15	TOTAL CREDITS:	17

Year 1 Recommended XS Electives

- **PY130 – Physical Therapy, Occupational Therapy, Strength & Conditioning, Personal Training**
- **HP100 – Athletic Training**
- **HP230 – Strength & Conditioning, Personal Training**

SEMESTER 3 (Fall)	CREDITS	SEMESTER 4 (Spring)	CREDITS
XS232: Seminar: Prof Org. & Dev.	1	AT340 Kinesiology	4
HS344: Anatomy & Physiology I	4	XS Elective	4
Humanities (G)	4	HS345: Anatomy & Physiology II	4
XS Elective	4	XS231: Medical Terminology	4
XS285: Field Experience in XS	2		
TOTAL CREDITS:	15	TOTAL CREDITS:	16

YEAR 2 Recommended XS Electives

- **MT131 (MT107 or MT109 Placement Prerequisite) – Athletic Training, Occupational Therapy**

SEMESTER 5 (Fall)	CREDITS	SEMESTER 6 (Spring)	CREDITS
AT355: Physiology of Exercise	4	XS332: Ethics	1
XS Elective	4	XS365: Exercise Testing & Prescription	4
XS Elective	4	XS Elective	4
Social Science	4	XS Elective	4
		Fine Arts	4
TOTAL CREDITS:	16	TOTAL CREDITS:	17

YEAR 3 Recommended XS Electives

- **BI230 – Physical Therapy**
- **BI231 – Physical Therapy**
- **XS363 – Strength & Conditioning, Personal Training**
- **PY231 – Occupational Therapy**
- **PH230 – Athletic Training**
- **PH230 Requires MT111 (Trigonometry) or higher (excluding MT131) or placement in MT140 or higher**
 - **MT111 can be Co-Requisite**
 - **MT111 requires MT107 or Math placement**

SEMESTER 7 (Fall)	CREDITS	SEMESTER 8 (Spring)	CREDITS
GL320: Senior Global	4	Global Awareness (G) Course	4
XS496: Senior Exercise Science Thesis (W)	4	XS485: Field Experience in XS	2
Fine Arts	4	Humanities (W)	4
		XS485: Prof. Best Practices	1
		XS Elective	4
TOTAL CREDITS:	12	TOTAL CREDITS:	15

YEAR 4 Recommended EX Electives

- **XS331 – Strength & Conditioning, Personal Training**
- **PH230 – Physical Therapy, Athletic Training**
- **PH231 – Physical Therapy**
- **PY433 – Occupational Therapy**

Overall Notes:

- **124 Total Credits needed (40 Credits total of 300 or 400 Level & no more than 66 from Sport Science)**
- **Students should be aware of prerequisites needed for Graduate School and plan accordingly. Assistance from his/her Academic Advisor can help guide the decisions on selecting electives. The student will need to be sure to attain prerequisite information for post-graduate plans (i.e. graduate school, professional school, certifications).**
- **Other fields such as Medical, Physician, Nutrition, Chiropractic may have a different pool of electives and the student will need to plan accordingly.**
- **Recommended Minors for those seeking additional coursework include Business, Coaching, and Psychology**
- **Summer Sessions for certain courses are available (XS231, XS285, XS485, and XS496 are often offered). However, they are not guaranteed to be available during summer sessions.**