# EXERCISE SCIENCE SUGGESTED FOUR-YEAR PROGRAM (4 YEAR PRE-PHARMACY)

**Name:** ____________________________________________  **Campus Phone:** ____________________________  
**Major(s):** ____________________________________________  **E-mail Address:** ____________________________

<table>
<thead>
<tr>
<th>FALL</th>
<th>SPRING</th>
<th>SUMMER</th>
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<tbody>
<tr>
<td><strong>YEAR:</strong> (CORE COURSES)</td>
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<td><strong>YEAR:</strong> <strong>Declares EXS</strong> major (after fall soph year) if at least a 2.75 GPA is earned after 30 credit hours or more of CU classes, and BIO and CHM have been completed with a &quot;C&quot; or higher grade</td>
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| CHM 203/4 "General Chemistry"  
ENG 150 “Rhetoric & Comp”  
| CHM 205/6 "General Chemistry"  
BIO 201/05 "General Biology"  
EXS 142 "Personalized Weight Training"  
EXS 121/122 “World Literature”  
MTH 245 Calculus I (or summer) |
| **YEAR:** **Declares EXS**  
CHM 321/2 "O'Chem I"  
ENG 121/122 World Literature  
EXS 240 "Designing a Personalized Fitness Program"  
BIO 202/06 "General Biology"  
| **YEAR:**  
CHM 323/4 "O'Chem II"  
EXS 331 "Human Anatomy"*  
EXS 195 "Introduction to Athletic Training"  
PSY 111 Intro. Psychology  
EXS 491-"Exercise Leadership and Program Administration" (CW) or Fall Jr. Year |
| **YEAR:**  
EXS 320 "Human Physiology"*  
EXS 125 "First Aid"  
EXS 144 "Aerobics"  
COM 152 “Communication”  
| **YEAR:**  
EXS 335 "Exercise Physiology"  
ECO203 “Intro Microeconomics"  
EXS 334 "Biomechanics"  
| **YEAR:**  
EXS 330-"Nutrition for Health and Sports Performance (CW)"  
EXS 401 "Exercise Prescription"  
| **YEAR:**  
SRP (various courses)  
EXS 407-"Basic Statistics and Research Design"(CW)  
EXS 489 "Laboratory Methods and Procedures"  
| **YEAR:**  
**INTENDED SEMESTER/YEAR FOR INTERNSHIP:**  
**PREFERRED INTERNSHIP AREA**  
**ADDITIONAL COMMENTS:**  
BIO 202/06 formerly BIO 211 "Cell & Molecular;" BIO 201/05 formerly BIO 212 "Organismal & Population."  
This schedule reflects a 4 Year Plan for students graduating with an Exercise Science degree. Students may choose to apply & enter CU Pharmacy after a minimum of 63 semester hours of prerequisites are completed.  
Note: Course courses should be scheduled evenly throughout the four-year program.

**CHECKPOINTS**  
| 128 hours completed | 48 hours of 300+ level classes | Core completed | Major requirements completed | 4 certified writing courses |