**EXERCISE SCIENCE SUGGESTED FOUR-YEAR PROGRAM**  
**(ACCELERATED NURSING)**

<table>
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<tr>
<th>Name: ___________________________</th>
<th>Campus Phone: ___________________________</th>
<th>E-mail Address: ___________________________</th>
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*DOES NOT INCLUDE ALL CORE REQUIREMENTS*

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<tr>
<th>FALL</th>
<th>SPRING</th>
<th>SUMMER</th>
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| **YEAR:**  
(MAINLY CORE COURSES)  
CHM 203/4 "General Chemistry"  
EXS 142 "Personalized Weight Training"  | **YEAR:**  
(MAINLY CORE COURSES)  
CHM 205/6 "General Chemistry"  
BIO 201/05 "General Biology"  
EXS 195 "Introduction to Athletic Training"  
EXS 144 "Aerobics" | **YEAR:**  
**Declares EXS major**  
CHM 321/22 Organic CHM  
EXS 240 "Designing a Personalized Fitness Program"  
EXS 331 "Human Anatomy"  
SOC 101 "Self & Society"  |
| **YEAR:**  
EXS 334 "Biomechanics"  
EXS 335 "Exercise Physiology"  
MIC 141 “Microbiology”  
(Fall only course)  
EXS 491 "Exercise Leadership and Program Administration"  
(CW) | **YEAR:**  
EXS 125 "First Aid"  
EXS 320 "Human Physiology"  
PSY 111 “Intro to Psych”  
PHL/THL 250 “Ethics”  
CHM 323/24 Organic CHM | **YEAR:**  
**Declares EXS major**  
CHM 321/22 Organic CHM  
EXS 240 "Designing a Personalized Fitness Program"  
EXS 331 "Human Anatomy"  
SOC 101 "Self & Society"  |
| **YEAR:**  
EXS 401 "Exercise Prescription"  
PSY 341 “Infant & Child Development”  
EXS 492 "Exercise Science Internship"  | **YEAR:**  
EXS 350 "Nutrition for Health and Sports Performance (CW)"  
PSY 342 Adolescent & Adult Development (Spring only course) | **YEAR:**  
**Declares EXS major**  
CHM 321/22 Organic CHM  
EXS 240 "Designing a Personalized Fitness Program"  
EXS 331 "Human Anatomy"  
SOC 101 "Self & Society"  |

**PREFERRED INTERNSHIP AREA**

Nursing

**INTENDED SEMESTER/YEAR FOR INTERNSHIP:**

**CHECKPOINTS**

- 128 hours completed
- *48 hours of 300+ level classes
- Core completed
- Major requirements completed
- 4 certified writing courses
- *Language requirement satisfied

**ADDITIONAL COMMENTS:** Need 8 hr of chemistry including organic or biochemistry