# Exercise Science Suggested Four-Year Program
## Clinical Exercise Physiology/Cardiac Rehabilitation

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<th>Name:</th>
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### FALL
- **Year:** (Mainly Core Courses)
  - CHM 203/4 "General Chemistry"
  - EXS 142 "Personalized Weight Training"

**Year:**
- "Declares EXS major"**
  - EXS 240 "Designing a Personalized Fitness Program"
  - EXS 331 "Human Anatomy"

**Year:**
- EXS 334 "Biomechanics"
  - EXS 335 "Exercise Physiology"

**Year:**
- EXS 489 "Laboratory Methods and Procedures"

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### SPRING
- **Year:** (Mainly Core Courses)
  - BIO 201/05 "General Biology"
  - EXS 144 "Aerobics"
  - EXS 195 "Introduction to Athletic Training"

**Year:**
- EXS 125 "First Aid"
  - EXS 320 "Human Physiology"
  - EXS 491 "Exercise Leadership and Program Administration" (CW) or Fall Jr. Year

**Year:**
- EXS 350 "Nutrition for Health and Sports Performance" (CW)
  - EXS 401 "Exercise Prescription"

**Year:**
- SRP (various courses)
  - EXS 407 "Basic Statistics and Research Design" (CW)
  - EXS 492 "Exercise Science Internship"

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### SUMMER
- **Year:**
  - **Declares EXS major 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 "C" or higher grade**

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**Preferred Internship Area/When (Semester/Yr):**

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**Additional Comments:**

Application Deadlines vary (approx., Jan.1/Feb.1st)
Check program websites for specific details/deadlines
Some programs begin in the summer following graduation (Univ. Wisconsin-LaCrosse)