

# EXERCISE SCIENCE SUGGESTED FOUR-YEAR PROGRAM COMMERCIAL/COMMUNITY/CORPORATE FITNESS

Name: \_\_\_\_\_  
Major(s): \_\_\_\_\_

Campus Phone: \_\_\_\_\_  
E-mail Address: \_\_\_\_\_

FALL	SPRING	SUMMER
YEAR: <b>(MAINLY CORE COURSES)</b> CHM 203/4 "General Chemistry" EXS 142 "Personalized Weight Training"	YEAR: <b>(MAINLY CORE COURSES)</b> BIO201/205 "General Biology" EXS 144 "Aerobics" EXS 195 "Introduction to Athletic Training"	YEAR: <b>**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</b>
YEAR: <b>**Declares EXS major**</b> EXS 240 "Designing a Personalized Fitness Program" EXS 331 "Human Anatomy"	YEAR: EXS 125 "First Aid" EXS 320 "Human Physiology" EXS 491 "Exercise Leadership and Program Administration" (CW) or Fall Jr. Year	YEAR:
YEAR: EXS 334 "Biomechanics" EXS 335 "Exercise Physiology"	YEAR: EXS 350 "Nutrition for Health and Sports Performance" (CW) EXS 401 "Exercise Prescription"	YEAR:
YEAR: EXS 489 "Laboratory Methods and Procedures"	YEAR: SRP (various courses) EXS 407 "Basic Statistics and Research Design" (CW) EXS 492 "Exercise Science Internship" EXS 420 "Essentials of Strength and Conditioning"	YEAR:

PREFERRED INTERNSHIP AREA/WHEN(Semester/Yr):

\_\_\_\_\_ / \_\_\_\_\_

ADDITIONAL COMMENTS:

Business Minor Suggested

## CHECKPOINTS

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