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

<table>
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<tr>
<th>Name: ______________________</th>
<th>Campus Phone: ______________________</th>
<th>E-mail Address: ______________________</th>
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<td>Major(s): ____________________</td>
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### FALL
- **MAINLY CORE COURSES**
  - CHM 203/4 "General Chemistry"
  - EXS 142 "Personalized Weight Training"

### SPRING
- **MAINLY CORE COURSES**
  - BIO201/205 "General Biology"
  - EXS 144 "Aerobics"
  - EXS 195 "Introduction to Athletic Training"

### SUMMER
- **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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<tr>
<th>YEAR: <strong>Declares EXS major</strong> <strong>Exs 240 &quot;Designing a Personalized Fitness Program&quot;</strong></th>
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| EXS 240 "Designing a Personalized Fitness Program" | EXS 125 "First Aid" | EXS 125 "First Aid"
| EXS 320 "Human Physiology" | EXS 320 "Human Physiology" | EXS 320 "Human Physiology"
| EXS 491 "Exercise Leadership and Program Administration" (CW) or Fall Jr. Year | EXS 491 "Exercise Leadership and Program Administration" (CW) or Fall Jr. Year | EXS 491 "Exercise Leadership and Program Administration" (CW) or Fall Jr. Year |

### FALL
- EXS 334 "Biomechanics"
- EXS 335 "Exercise Physiology"

### SPRING
- EXS 350 "Nutrition for Health and Sports Performance" (CW)
- EXS 401 "Exercise Prescription"

### SUMMER
- **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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<th>YEAR: <strong>Declares EXS major</strong> <strong>Exs 489 &quot;Laboratory Methods and Procedures&quot;</strong></th>
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| EXS 489 "Laboratory Methods and Procedures" | SRP (various courses) | SRP (various courses)
| EXS 407 "Basic Statistics and Research Design" (CW) | EXS 407 "Basic Statistics and Research Design" (CW) | EXS 407 "Basic Statistics and Research Design" (CW)
| EXS 492 "Exercise Science Internship" | EXS 492 "Exercise Science Internship" | EXS 492 "Exercise Science Internship"
| EXS 420 "Essentials of Strength and Conditioning" | EXS 420 "Essentials of Strength and Conditioning" | EXS 420 "Essentials of Strength and Conditioning"

**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