EXERCISE SCIENCE SUGGESTED FOUR-YEAR PROGRAM
PRE-DENTISTRY

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<tr>
<th>Name:</th>
<th>Campus Phone:</th>
<th>Major(s):</th>
<th>E-mail Address:</th>
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**CHECKPOINTS**
- 128 hours completed
- 48 hours of 300+ level classes
- Core completed
- Major requirements completed
- 4 certified writing courses
- Language requirement satisfied

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<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)**
  BIO 201/05 "General Biology"
  CHM 205/06 "General Chemistry"
  EXS 144 "Aerobics"
  EXS 195 "Introduction to Athletic Training"
| **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**

| PAY: **Declares EXS major**
  CHM 321/2 "Organic Chem I"
  EXS 240 "Designing a Personalized Fitness Program"
  BIO 202/06 "General Biology"
| **YEAR:**
  CHM 323/4 "Organic Chem II"
  EXS 125 "First Aid"
  EXS 331 "Human Anatomy"
  EXS 320 "Human Physiology"
| **YEAR:**
  CHM 371 "Biochemistry"

| PAY: **Declares EXS major**
  PHY 211 "General Physics I"
  EXS 335 "Exercise Physiology"
  EXS 491 "Exercise Leadership & Program Administration" (CW)
| **YEAR:**
  PHY 212 "General Physics II"
  EXS 334 "Biomechanics"
  EXS 350 "Nutrition for Health and Sports Performance" (CW)
| **YEAR:**
  EXS 492 "Exercise Science Internship"

| PAY:**Declares EXS major**
  EXS 401 "Exercise Prescription"
  EXS 489 "Laboratory Methods and Procedures"
  SRP (various courses)
| **YEAR:**
  EXS 407 "Basic Statistics and Research Design" (CW)
  BIO 351 "Microbiology"*
| **YEAR:**

PREFERRED INTERNSHIP AREA/WHEN(Semester/Yr):

_______________________________________/_____________________________________

ADDITIONAL COMMENTS:
BIO 201/05 FORMERLY BIO 212; BIO 202/06 FORMERLY BIO 211

*CHM 371 & BIO 351 are recommended but not required for Creighton University