# EXERCISE SCIENCE SUGGESTED FOUR-YEAR PROGRAM

<table>
<thead>
<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)  
BIO 201/05 "General Biology"  
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** |
| YEAR:  
**Declares EXS major**  
EXS 125 "First Aid"  
EXS 240 "Designing a Personalized Fitness Program" | YEAR:  
EXS 320 "Human Physiology"  
EXS 331 "Human Anatomy" | YEAR:  
Optional: EXS 492 Internship |
| 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"  
EXS 491-"Exercise Leadership and Program Administration" (CW) | YEAR:  
SRP (various courses)  
EXS 407-"Basic Statistics and Research Design"(CW)  
EXS 492 "Exercise Science Internship" | YEAR: |

**PREFERRED INTERNSHIP AREA**

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**INTENDED SEMESTER/YEAR FOR INTERNSHIP:**

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**ADDITIONAL COMMENTS:**

**CHECKPOINTS**

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