# EXERCISE SCIENCE AND PRE HEALTH PROFESSIONS SUGGESTED FOUR-YEAR PROGRAM – MAGIS CORE
## (PRE-MEDICINE)

| Name: _______________________________ | Campus Phone: ___________________________ | E-mail Address: ___________________________ |

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<th><strong>FALL</strong></th>
<th><strong>SPRING</strong></th>
<th><strong>SUMMER</strong></th>
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<tr>
<td><strong>YEAR:</strong></td>
<td><strong>(MAGIS CORE COURSES)</strong></td>
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| CHM 203/204 "Gen Chemistry"  
BIO 201/205 “Gen Biology” | CHM 205/206 "Gen Chemistry"  
BIO 202/206 "Gen Biology"  
EXS 142 "Personalized Weight Training" | **YEAR:**  
**Declares EXS major after Fall Semester if at least a 3.0 GPA is earned after first semester and BIO 201/05 or 202/06 and CHM 203/04 or 205/06 have been completed with a "C" or higher grade** |

| **YEAR:** | **(MAGIS CORE COURSES)** | **YEAR:** |
| CHM 321/322 "Organic Chem I"  
EXS 240 "Designing a Personalized Fitness Program"  
EXS 320 “Human Physiology” | CHM 323/4 "Organic Chem II"  
EXS 331 "Human Anatomy"  
EXS 125 “First Aid” | **YEAR:**  
*EXS 331 & EXS 320 could be switched and could be started as late as the spring in the sophomore year* |

| **YEAR:** | **(MAGIS CORE COURSES)** | **YEAR:** |
| PHY 201/205 "Physics I"  
**BIO 317 Genetics**  
EXS 335 “Exercise Physiology”  
EXS 491-"Exercise Leadership and Program Administration" | PHY 202/206 "Physics II"  
EXS 350-"Nutrition for Health and Sports Performance"  
**CHM 371 Biochemistry** (MCAT late Spring) | **YEAR:**  
**EXS 492 "Exercise Science Internship"**  
**(APPLY TO MED SCHOOL IN JULY)** |

| **YEAR:** | **(MAGIS CORE COURSES)** | **YEAR:** |
| EXS 144 “Aerobics”  
EXS 401 "Exercise Prescription"  
EXS 407-"Basic Statistics and Research Design"  
**BIO 362 Cell Structure and Function (if BIO minor) or BIO 532** | EXS 334 “Biomechanics”  
EXS 489 "Laboratory Methods and Procedures" | **YEAR:** |

### ADDITIONAL COMMENTS:
Note: Core courses should be scheduled evenly throughout the four-year program.

**BIO MINOR - BIO 201/05, 202/06 + 10 ADDITIONAL BIO CREDITS w/ 1 lab course @ 300 LEVEL OR ABOVE; e.g. BIO 317 (Genetics) 362 (Cell structure and function) & another 3 hour course + lab**