### EXERCISE SCIENCE SUGGESTED FOUR-YEAR PROGRAM
**(ACCELERATED NURSING)**

| Name: _______________________________ | Campus Phone: ____________________________ |
| Major(s): ___________________________ | E-mail Address: ___________________________ |

*DOES NOT INCLUDE ALL CORE REQUIREMENTS*

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<th>FALL</th>
<th>SPRING</th>
<th>SUMMER</th>
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| **YEAR:** **(MAINLY CORE COURSES)**<br>CHM 203/4 "General Chemistry"<br>EXS 142 "Personalized Weight Training" | **YEAR:** **(MAINLY CORE COURSES)**<br>CHM 205/6 "General Chemistry"<br>BIO 201/05 "General Biology"<br>EXS 195 "Introduction to Athletic Training"<br>EXS 144 "Aerobics" | **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**<br>CHM 321/22 Organic CHM<br>EXS 240 "Designing a Personalized Fitness Program"<br>EXS 331 "Human Anatomy"<br>SOC101 “Self & Society” | **YEAR:** EXS 125 "First Aid"<br>EXS 320 "Human Physiology"<br>PSY 111 “Intro to Psych”<br>PHL/THL250 “Ethics”<br>CHM 323/24 Organic CHM | **YEAR:**
| **YEAR:** EXS 334 "Biomechanics"<br>EXS 335 "Exercise Physiology"<br>MIC 141 “Microbiology” (Fall only course)<br>EXS 491 "Exercise Leadership and Program Administration" (CW) | **YEAR:** EXS 350- "Nutrition for Health and Sports Performance (CW)<br>PSY 342 Adolescent & Adult Development (Spring only course) | **YEAR:**
| **YEAR:** EXS 401 "Exercise Prescription"<br>PSY 341 “Infant & Child Development”<br>EXS 492 "Exercise Science Internship" | **YEAR:** EXS 489 "Laboratory Methods and Procedures"<br>EXS 407- "Basic Statistics and Research Design"(CW) | **YEAR:**

**PREFERRED INTERNSHIP AREA**

Nursing

**INTENDED SEMESTER/YEAR FOR INTERNSHIP:**

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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

**ADDITIONAL COMMENTS:**