# Exercise Science Suggested Four-Year Program

## Occupational Therapy Program

### Name:
_____________________________

### Campus Phone:
_____________________________

### Major(s):
_____________________________

### E-mail Address:
_____________________________

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<tr>
<th>FALL</th>
<th>SPRING</th>
<th>SUMMER</th>
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<tr>
<td><strong>YEAR:</strong> (MAINLY CORE COURSES) CHM 203/4 &quot;General Chemistry&quot; EXS 142 &quot;Personalized Weight Training&quot; PSY 111 “Introduction to Psych” #THL 100 (or PHL or Ethics)</td>
<td><strong>YEAR:</strong> (MAINLY CORE COURSES) BIO 201/05 &quot;General Biology&quot; EXS 144 &quot;Aerobics&quot; EXS 195 &quot;Introduction to Athletic Training&quot;</td>
<td><strong>YEAR:</strong> <strong>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 &quot;C&quot; or higher grade</strong></td>
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<td>YEAR: <strong>Declares EXS major</strong> EXS 240 &quot;Designing a Personalized Fitness Program&quot; EXS 320 &quot;Human Physiology&quot; ENG 150 “Ret. and Comp” ##HIS 101 Modern Western History or World Lit, or Am. Studies, or Women's Studies</td>
<td>YEAR: EXS 125 &quot;First Aid&quot; EXS 491 &quot;Exercise Leadership and Program Administration&quot; (CW) or Fall Jr. Year EXS 331 &quot;Human Anatomy&quot; PSY 351 Abnormal Psychology or PSY 271 Developmental Psychology</td>
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<td>YEAR: EXS 334 &quot;Biomechanics&quot; EXS 335 &quot;Exercise Physiology&quot; OTD 215 “Medical Term”</td>
<td>YEAR: EXS 350 &quot;Nutrition for Health and Sports Performance&quot; (CW) EXS 401 &quot;Exercise Prescription&quot;</td>
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<td>YEAR: EXS 489 &quot;Laboratory Methods and Procedures&quot;</td>
<td>YEAR: SRP (various courses) EXS 407 &quot;Basic Statistics and Research Design&quot; (CW) EXS 492 &quot;Exercise Science Internship&quot;</td>
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### Preferred Internship Area/When (Semester/Yr):
________________________________________/____________________ |

### Additional Comments:
Need either PSY 271 Developmental Psych or PSY 351 Abnormal Psych

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