## EXERCISE SCIENCE SUGGESTED FOUR-YEAR PROGRAM

### OCCUPATIONAL THERAPY PROGRAM

<table>
<thead>
<tr>
<th>Name: _______________________________</th>
<th>Campus Phone: ______________________</th>
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<tr>
<td>Major(s): ___________________________</td>
<td>E-mail Address: ______________________</td>
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### FALL

**YEAR:**

**(MAINLY CORE COURSES)**
- CHM 203/4 "General Chemistry"
- EXS 142 "Personalized Weight Training"
- PSY 111 “Introduction to Psych”
- #THL 100 (or PHL or Ethics)

### SPRING

**YEAR:**

**(MAINLY CORE COURSES)**
- BIO 201/05 "General Biology"
- EXS 144 "Aerobics"
- EXS 195 "Introduction to Athletic Training"

### SUMMER

**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**

### FALL

**YEAR:**

EXS 125 "First Aid"
- EXS 491 "Exercise Leadership and Program Administration" (CW) or Fall Jr. Year
- EXS 331 "Human Anatomy"

### SPRING

**YEAR:**

EXS 350 "Nutrition for Health and Sports Performance" (CW)
- EXS 401 "Exercise Prescription"

### SUMMER

**YEAR:**

**Declares EXS major**

EXS 240 "Designing a Personalized Fitness Program"
- EXS 320 "Human Physiology"
- ENG 150 “Ret. and Comp”
- ##HIS 101 Modern Western History or World Lit, or Am. Studies, or Women's Studies

### FALL

**YEAR:**

EXS 334 "Biomechanics"
- EXS 335 "Exercise Physiology"
- OTD 215 “Medical Term”

### SPRING

**YEAR:**

EXS 350 "Nutrition for Health and Sports Performance" (CW)
- EXS 401 "Exercise Prescription"

### SUMMER

**YEAR:**

EXS 331 "Human Anatomy"
- EXS 491 "Exercise Leadership and Program Administration" (CW) or Fall Jr. Year
- EXS 334 "Biomechanics"
- EXS 335 "Exercise Physiology"
- OTD 215 “Medical Term”

### FALL

**YEAR:**

EXS 489 "Laboratory Methods and Procedures"
- EXS 489 "Engineering Methods and Procedures"
- SRP (various courses)
- EXS 407 "Basic Statistics and Research Design" (CW)
- EXS 492 "Exercise Science Internship"

### SPRING

**YEAR:**

SRP (various courses)
- EXS 407 "Basic Statistics and Research Design" (CW)
- EXS 492 "Exercise Science Internship"

### SUMMER

**YEAR:**

CHECKPOINTS

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

### PREFERRED INTERNSHIP AREA/WHEN(Semester/Yr):

_____________________________/________________

### ADDITIONAL COMMENTS:

Business Minor Suggested