# Exercise Science Suggested Four-Year Program (Pre-Medicine)

**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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| YEAR:  
(CORE COURSES)  
CHM 203/4 "General Chemistry"  
ENG 150 “Rhetoric & Comp”  
**CHECKPOINTS**  
_____ 128 hours completed  
_____ *48 hours of 300+ level classes  
_____ Core completed  
_____ Major requirements completed  
_____ 4 certified writing courses | YEAR:  
(CORE COURSES)  
CHM 205/6 "General Chemistry"  
BIO 201/05 "General Biology"  
EXS 142 "Personalized Weight Training"  
EXS 121/122 “World Literature”  
MTH 245 Calculus I (or summer)  
**CHECKPOINTS**  
_____ 128 hours completed  
_____ *48 hours of 300+ level classes  
_____ Core completed  
_____ Major requirements completed  
_____ 4 certified writing courses | YEAR:  
**Declares EXS major if at least a 2.75 GPA is earned after 30 credit hours or more of CU classes, and BIO 201/05 or 202/06 and CHM 203/04 or 205/06 have been completed with a "C" or higher grade**

| YEAR:  
**Declares EXS**  
BIO 202/06 "General Biology"  
CHM 321/2 "O'Chem I"  
EXS 240 "Designing a Personalized Fitness Program" | YEAR:  
CHM 323/4 "O'Chem II"  
EXS 195 "Introduction to Athletic Training"  
EXS 320 "Human Physiology"*  
**CHECKPOINTS**  
_____ 128 hours completed  
_____ *48 hours of 300+ level classes  
_____ Core completed  
_____ Major requirements completed  
_____ 4 certified writing courses | YEAR:  
**EXS 331 & EXS 320 could be switched**

| YEAR:  
PHY 211 "Physics I"  
EXS 331 "Human Anatomy"*  
EXS 125 "First Aid"  
EXS 144 "Aerobics"  
**BIO 317 Genetics**  
EXS 491-"Exercise Leadership and Program Administration" (CW) | YEAR:  
PHY 212 "Physics II"  
EXS 335 "Exercise Physiology"  
EXS 350-"Nutrition for Health and Sports Performance (CW)  
EXS 334 "Biomechanics"  
**CHECKPOINTS**  
_____ 128 hours completed  
_____ *48 hours of 300+ level classes  
_____ Core completed  
_____ Major requirements completed  
_____ 4 certified writing courses | YEAR:  
EXS 492 "Exercise Science Internship"  
**(APPLY TO MED SCHOOL IN JULY)**

| YEAR:  
EXS 401 "Exercise Prescription"  
EXS 407-"Basic Statistics and Research Design"(CW)  
**BIO 362 Cell Structure and Function** (if BIO minor) or BIO 532 / 417 | YEAR:  
SRP (various courses)  
**BIO 401 Biostatistics** (if BIO minor) Spring Only course  
(may change)  
EXS 489 "Laboratory Methods and Procedures" | YEAR:  
**CHECKPOINTS**  
_____ 128 hours completed  
_____ *48 hours of 300+ level classes  
_____ Core completed  
_____ Major requirements completed  
_____ 4 certified writing courses  
**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) & 401 (Biometry - instead of EXS 407)**

**INTENDED SEMESTER/YEAR FOR INTERNSHIP:**  
__________  
**PREFERRED INTERNSHIP AREA**  
__________  
**ADDITIONAL COMMENTS:**

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