

EXERCISE SCIENCE SUGGESTED FOUR-YEAR PROGRAM PERSONAL TRAINING/STRENGTH AND CONDITIONING

Name: _____
Major(s): _____

Campus Phone: _____
E-mail Address: _____

** DOES NOT INCLUDE ALL CORE REQUIREMENTS

FALL	SPRING	SUMMER
YEAR: (MAINLY CORE COURSES) CHM 203/4 "General Chemistry" EXS 142 "Personalized Weight Training"	YEAR: (MAINLY CORE COURSES) BIO 201/05 "General Biology" EXS 144 "Aerobics" EXS 195 "Introduction to Athletic Training"	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** EXS 240 "Designing a Personalized Fitness Program" EXS 331 "Human Anatomy"	YEAR: EXS 125 "First Aid" EXS 320 "Human Physiology"	YEAR:
YEAR: EXS 334 "Biomechanics" EXS 335 "Exercise Physiology" EXS 491 "Exercise Leadership and Program Administration" (CW)	YEAR: EXS 350 "Nutrition for Health and Sports Performance" (CW) EXS 401 "Exercise Prescription" EXS 492 "Exercise Science Internship"	YEAR:
YEAR: EXS 489 "Laboratory Methods and Procedures"	YEAR: SRP (various courses) EXS 407 "Basic Statistics and Research Design" (CW) EXS 420 "Essentials of Strength and Conditioning"	YEAR:

PREFERRED INTERNSHIP AREA/WHEN(Semester/Yr):

_____ / _____

ADDITIONAL COMMENTS:

Optional: ACC 201 "Principles of Accounting"

CHECKPOINTS

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