

EXERCISE SCIENCE SUGGESTED FOUR-YEAR PROGRAM (ACCELERATED NURSING)

Name: _____
Major(s): _____

Campus Phone: _____
E-mail Address: _____

FALL	SPRING	SUMMER
<p>YEAR: (MAINLY CORE COURSES) CHM 203/4 "General Chemistry"</p> <p>EXS 142 "Personalized Weight Training"</p>	<p>YEAR: (MAINLY CORE COURSES) BIO 212 "General Biology" EXS 144 "Aerobics" EXS 195 "Introduction to Athletic Training"</p>	<p>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</p>
<p>YEAR: **Declares EXS major**</p> <p>EXS 240 "Designing a Personalized Fitness Program" EXS 331 "Human Anatomy" SOC101 "Self & Society"</p>	<p>YEAR: EXS 125 "First Aid" EXS 320 "Human Physiology" PSY 111 "Intro to Psych" PHL/THL250 "Ethics" EXS 491-"Exercise Leadership and Program Administration" (CW) or Fall Jr. Year</p>	<p>YEAR:</p>
<p>YEAR: EXS 334 "Biomechanics" EXS 335 "Exercise Physiology" MIC 141 "Microbiology" (Fall only course)</p>	<p>YEAR: EXS 350-"Nutrition for Health and Sports Performance (CW) EXS 401 "Exercise Prescription" PSY 342 Adolescent & Adult Development (Spring only course)</p>	<p>YEAR:</p>
<p>YEAR: EXS 489 "Laboratory Methods and Procedures" PSY 341 "Infant & Child Development"</p>	<p>YEAR: SRP (various courses) EXS 407-"Basic Statistics and Research Design"(CW) EXS 492 "Exercise Science Internship"</p>	<p>YEAR:</p>

INTERNSHIP SITE & INTENDED SEMESTER/YR:

ADDITIONAL COMMENTS:

CHECKPOINTS

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