### EXERCISE SCIENCE SUGGESTED FOUR-YEAR PROGRAM

#### GENERAL EXERCISE SCIENCE DEGREE

<table>
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<tr>
<th>FALL</th>
<th>SPRING</th>
<th>SUMMER</th>
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| YEAR: **(MAINLY CORE COURSES)**  
CHM 203/4 "General Chemistry"  
EXS 142 "Personalized Weight Training" | YEAR: **(MAINLY CORE COURSES)**  
BIO 212 "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" or EXS 320 "Human Physiology" | YEAR:  
EXS 125 "First Aid"  
EXS 320 "Human Physiology" or EXS 331 "Human Anatomy"  
EXS 491 "Exercise Leadership and Program Administration" (CW) or Fall Jr. Year | |
| YEAR:  
EXS 334 "Biomechanics"  
EXS 335 "Exercise Physiology" | YEAR:  
EXS 350 "Nutrition for Health and Sports Performance" (CW)  
EXS 401 "Exercise Prescription" | |
| YEAR:  
EXS 489 "Laboratory Methods and Procedures" | YEAR:  
SRP (various courses)  
EXS 407 "Basic Statistics and Research Design" (CW)  
EXS 492 "Exercise Science Internship"  
EXS 420 "Essentials of Strength and Conditioning" (recommended) | |

**PREFERRED INTERNSHIP AREA/WHEN(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