

Department of Exercise, Health, and Sport Sciences: Exercise Science

STUDENT NAME _____ ID# _____

ADVISORS _____ CATALOG YEAR _____ DATE UPDATED _____

<u>UNIVERSITY CORE COURSES (27)</u>		<u>Substitution (initials)</u>	<u>Campus</u>	<u>Sem</u>	<u>Credits</u>	<u>Grade</u>
Passing Grade Required						
Writing, Reading, Inquiry I (WRI1; ENG 100 or equiv.)					3	
Writing, Reading, Inquiry II (WRI2; ENG 102 or equiv.)					3	
Creative Expression (CE)					3	
Cultural Interpretation (CI)					3	
Socio-cultural Analysis (SCA)					3	
Ethical Inquiry, Social Responsibility and Citizenship					3	
International (INT)					3	
Diversity (DIV)					3	
Writing, Reading, Inquiry III (WRI3)					3	
UNIVERSITY CORE & EXS MAJOR OVERLAPS (19-24)						
Minimum Grade of "C-" Required						
Quantitative Reasoning (QR)	MAT 120 Introduction to Statistics <i>or</i>				4	
	PSY 201 Statistics in Psychology <i>or</i>				3	
	LOS 120 Statistics for Informed Decision Making				3	
Science Exploration (SE)	PHY 101 Introduction to Physics				3	
	PHY 102 Introduction to Physics Lab <i>or</i>				1	
	PHY 111 Elements of Physics I *				4	
	PHY 114 Introductory Physics Laboratory I <i>or</i>				1	
	SCI 250 Applied Physics w/ Lab				4	
Engaged Learning	SPM 260 Introduction to Personal Training				3	
Capstone	SPM 495 Clinical Internship				9-12	
Requirements met for graduation					Total = _____	
faculty signature and date _____						
<u>EXERCISE SCIENCE REQUIREMENTS (57.5-60.5)</u>		<u>Substitution (initials)</u>	<u>Campus</u>	<u>Sem</u>	<u>Credits</u>	<u>Grade</u>
Minimum Grade of "C-" Required						
CHY 107 <i>or</i> CHY 113 (MAT 108 pre/co-req)	Chemistry for Health Sciences <i>or</i> Principles of Chemistry I CHY 114 Laboratory Techniques I (<i>optional</i>)				3	
BIO 111 <i>or</i> SCI 170	Human Anatomy & Physiology I				3	
BIO 112 <i>or</i> SCI 171	Practical Human Anatomy & Physiology I				1.5	
BIO 113 <i>or</i> SCI 172	Human Anatomy & Physiology II				3	
BIO 114 <i>or</i> SCI 173	Practical Human Anatomy & Physiology II				1.5	
CON 252	Human Nutrition				3	
SCI 140	Medical Terminology				3	
SPM 100 (not required if > 60 credits)	Introduction to Exercise, Health, & Sport Sciences				3	
SPM 101 <i>or</i> SPM 102	Basic Life Support & First Aid 1 <i>or</i> Basic Life Support & First Aid 2 (re-cert.)				0.5	
SPM/REC 219	Lifetime Physical Fitness and Wellness				3	
SPM 230	Psychology of Physical Activity and Sport				3	
SPM 325	Methods of Resistance Training and Conditioning				3	
SPM 330	Physiology of Exercise				3	
SPM 350	Health Promotion Programs				3	
SPM 352	Nutrition for Physical Performance				3	
SPM 381	Kinesiology				3	

SPM 390	Biomechanics				3	
SPM 430	Exercise Testing, Assessment & Prescription				3	
SPM 431	Advanced Exercise Physiology				3	
SPM 450	Exercise for Special Populations				3	
SPM 485	Senior Thesis I				3	
SPM 486	Senior Thesis II <i>(optional)</i>				0-3	
Requirements met for graduation						Total=_____
faculty signature and date _____						_____

(optional)

EXERCISE SCIENCE ELECTIVES	SUBSTITUTION (initials)	CAMPUS	SEM	CREDITS	GRADE
Requirements met for graduation					Total = _____
faculty signature and date _____					_____

OTHER ELECTIVES	SUBSTITUTION (initials)	CAMPUS	SEM	CREDITS	GRADE
Requirements met for graduation					Total = _____
faculty signature and date _____					_____

UNIVERSITY CORE COURSES	
27 credits	
EXERCISE SCIENCE MAJOR	
79.5 – 81.5 credits	
OTHER COURSES	
11.5 – 13.5 credits	
120 CREDITS REQUIRED	Total

VERIFIED BY _____

*SPM 486 & SPM 495: students either take SPM 486 for 3 credits, SPM 495 for 9 credits **or** use all 12 credits towards SPM 495*
 Students take either SPM 101 or SPM 102 based on if they need CPR/First aid certification or if they need to be re-certified