

**UNDERGRADUATE MAJOR: BS EXERCISE SCIENCE  
2021/22**

CREDITS REQUIRED IN MAJOR: 80

**FOUNDATION/REQUIRED MAJOR COURSES**

<b>COURSE NUMBER</b>	<b>COURSE NAME</b>	<b>CREDIT S</b>	<b>PREREQUISITES</b>	<b>OFFERED</b>	<b>Online</b>
BIO 111 or SCI 170	Human Anatomy & Phys. I	3	MAT 100 or MAT 101 C or higher (or appropriate SAT/Accuplacer score)	Summer, Fall	
BIO 112 or SCI 171	Practical A & P I	1.5	Bio 111 (or concurrent)	Summer, Fall	
BIO 113 or SCI 172	Human Anatomy & Phys. II	3	Bio 111/112	Summer, Spring	
BIO 114 or SCI 173	Practical A & P II	1.5	Bio 111/112, & Bio 113 (concurrent)	Summer, Spring	
CHY 107 or 113	CHY of Health Science, or Principles of CHY	3	None/ EYE (concurrent); & MAT 108 (or concurrent) or MAT 140 or MAT 152 (or concurrent), or permission	CHY 107: Summer, Fall, Spring  CHY 113: Fall, Spring	CHY 107: Su.
CON 252	Human Nutrition	3	Bio 113	Summer, Fall, Spring	Su., Fall, SP
SCI 140	Medical Terminology	3	None	Summer, Fall	Su., Fall
MAT 120 or PSY 201 or LOS 120	Intro to Stats or Stats in Psy or Stats for informed decision making, QR	4/3	MAT 100 (C or higher) or MAT 101 (C or higher) or appropriate SAT/ Accuplacer score	Summer, Fall, Spring	Su, Fall, Sp.
PHY 101 or 111 or SCI 250	Intro to Physics or Elements of Physics I or Applied Physics with Lab, SE	3/4	(PHY 101): EYE or concurrent, & QR course or concurrent; (PHY 111): MAT 108 or concurrent	PHY 101: Summer, Fall, Spring PHY 111: Summer, Fall SCI 250	PHY 101: Su.

PHY 102 or 114	Physics lab, SE	1/1	(PHY 101): PHY 101 or concurrent. / Co-requisite registration in PHY 111): Co-req. of PHY 111.	PHY 102, Summer, Fall, Spring  PHY 114, Summer, Fall	
SPM 100	Intro. to Ex., Health & Sport Sci.	3	None; (Required for majors w/60 or less credits)	Fall, Spring	Fall, Sp.
SPM 101	Basic Life Support and First Aid 1	0.5	none	Fall, Spring	
SPM 102	Basic Life Support and First Aid 2	0.5	SPM 101 or prior CPR certification	Fall, Spring	
SPM/REC 219	Lifetime Physical Fit. & Well.	3	none	Fall, Spring, Summer	Fall, Sp., Su.
SPM 230	Psych of Phys Activity	3	ALT, EXS, or HLS major; SPM 100; Soph. level min.	Summer, Fall, Spring	Su.
SPM 260	Intro. to Personal Training, EL	3	EXS major; SPM 219 or concurrent; Soph.level min.	Fall	
SPM 325	Methods Resist. Train. & Cond.	3	ALT or ExS major; CON 252, SPM 330 or concurrent.	Spring	
SPM 330	Physiology of Exercise	3	ALT or EXS major; CHY 107 or CHY 113; Bio 111/112, or SCI 170/171; Bio 113/114 or SCI 172/173	Fall, Spring	
SPM 350	Health Promotion Programs	3	EXS or HLS major; SPM 100	Summer, Fall, Spring	Su.,
SPM 352	Nutrition for Physical Perform.	3	ALT or EXS major; CON 252; SPM 330 or concurrent	Fall, Spring	
SPM 381	Kinesiology	3	ALT or EXS major; Bio 111/112 or SCI 170/171; Bio 113/114 or SCI 172/173.	Fall	
SPM 390	Biomechanics	3	SPM 381	Spring	
SPM 430	Exercise Testing, Assess., & Prescription	3	ALT or EXS major, SPM 330	Spring	
SPM 431	Advanced Exercise Physiology	3	ALT or EXS major; SPM 330	Spring	

SPM 450	Exercise for Special Populations	3	ALT or EXS major; SPM 430 or concurrent	Fall	
SPM 485	Senior Thesis I, WR3	3	ALT or EXS major; MAT 120 or PSY 201; SPM 330	Fall	
SPM 486	Senior Thesis II (Optional)	0-3	ALT or EXS major; SPM 485	Spring	
SPM 495	Clinical Internship/ Co-op, Capstone	9-12	ALT or EXS major; completion of all major requirements, or concurrent. Instructor permission required.	Su., Spring	

**MAJOR ELECTIVES: ONLY IF NEEDED**

**MAJOR COURSES OVERLAPPING IN THE CORE:**

CORE AREA	COURSE NUMBER	COURSE NAME	REQUIRED BY MAJOR?
EL	SPM 260	Intro. to Personal Training	Y
	SPM 325	Methods of Res. Training & Cond.	Y
	SPM 430	Exercise, Testing, Assessment &	Y
	SPM 495	Presc. Clinical Internship	Y
QR	MAT 120 or PSY 201 or LOS 120	Intro to Stats or Stats in Psychology	Y
SE	PHY 101 & 102, or PHY 111/114 or SCI 250	Physics	Y
CAP	SPM 495	Clinical Internship	Y

**CORE CURRICULUM CODES**

**WRI 1** – Writing, Reading, & Inquiry 1

**WRI 2** – Writing, Reading, & Inquiry 2

**WRI 3** – Writing, Reading, & Inquiry 3

**QR** – Quantitative Reasoning

**CE** – Creative Expression

**SCA** – Socio-cultural Analysis

**CI** – Cultural Interpretation

**SE** – Science Exploration

**EISRC** – Ethical Inquiry, Social Responsibility, & Citizenship

**DIV** – Diversity

**INT** – International

**EL** – Engaged Learning

**CAP** – Capstone