



Major in Exercise Science with a Concentration in Strength and Conditioning

Year	Course Number	Fall	Credit Hours
1		<i>Integrative Core - First-Year Seminar</i>	4
	EXS 100	Introduction to Exercise Science	4
	EXS 110	Exercise Physiology I	4
		Foreign Language (if needed) or Math (if needed)	4
Total			16

Year	Course Number	Fall	Credit Hours
2		<i>Integrative Core - Foundation (A,H,S)</i>	4
	BIO 210	Anatomy & Physiology I	4
	CHE 110N	Foundations in Chemistry	4
	EXS 200	Sophomore Seminar: Professional Skills	2
	EXS 210	Exercise Physiology Practicum	2
Total			16

Year	Course Number	Fall	Credit Hours
3			
	EXS 260V	Scholarship in Exercise Science	4
	EXS 320	Exercise Testing & Prescription	4
	EXS 251	Advanced Strength and Conditioning	4
	EXS 375	Sports Nutrition & Ergogenic Aids	4
Total			16

Year	Course Number	Fall	Credit Hours
4		<i>Integrative Core - Capstone</i>	4
	EXS 470	Senior Research Thesis	4
	EXS 497	Strength and Conditioning Field Experience I	4
		Declared Minor Elective	4
Total			16

Course Number	Spring	Credit Hours
	<i>Integrative Core - Foundation</i>	4
EXS 111	Exercise Physiology II	4
EXS 220	Foundations of Human Movement	4
	Foreign Language (if needed) or Math (if needed)	4
Total		16

Course Number	Spring	Credit Hours
	<i>Integrative Core - Foundation (A,H,S)</i>	4
BIO 211	Anatomy and Physiology II	4
CHE 120N	Concepts in Chemistry	4
EXS 250	Strength and Conditioning (w/lab)	4
	Declared Minor Elective	4
Total		20

Course Number	Spring	Credit Hours
	<i>Integrative Core - Exploration (G)</i>	4
EXS 350	Scientific Inquiry	4
EXS 252	Data and Technology in Sport Science	2
EXS 253	Strength and Conditioning Practicum	2
COA 310	Psychology of Coaching or Sports Psych (PSY 255)	4
Total		16

Course Number	Spring	Credit Hours
EXS 400	Senior Seminar: Contemporary Issues	1
EXS 410	Senior Comps	1
EXS 471	IDE: Senior Research Thesis Data Collection	2
EXS 498	Strength and Conditioning Field Experience II	4
	Declared Minor Elective	4
Total		12

Total Credit Hours	128
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