

Major Planning Worksheet

Exercise Science & Fitness

Human Performance Concentration (51 Hours)

Bachelor of Science

2022-2023 Catalog

Name: _____ ID Number: _____

Planned Degree Completion Date: Mo. _____ Yr. _____

Required Courses		Hours
BIOL 202	Fundamentals of Human Anatomy	3.0
BIOL 202L	Fundamentals of Human Anatomy Lab	1.0
BIOL 204	Fundamentals of Human Physiology	3.0
BIOL 204L	Fundamentals of Human Physiology Lab	1.0
EXSC 101	Intro to Rehabilitation Services	3.0
EXSC 205	Team Performance Training	3.0
EXSC 206	Individual & Dual Performance Training	3.0
EXSC 209	Principles of Coaching	2.0
EXSC 243	Principles of Fitness	3.0
EXSC 250	Performance Laboratory I	1.0
EXSC 260	Performance Laboratory II	1.0
EXSC 276	Practicum in Health/Fitness/Wellness	2.0
EXSC 325	Exercise Physiology*	3.0
EXSC 325L	Exercise Physiology Lab	1.0
EXSC 339	Fundamental Techniques of Exercise & Fitness	3.0
EXSC 345	Functional Kinesiology	3.0
EXSC 410	Admin of Health & Physical Activity Programs (W)*	3.0
EXSC 476	Internship in Health/Fitness/Wellness	4.0
NUTR 210	Introduction to Human Nutrition	3.0

Four hours of directed electives approved by Department Chair:

*Courses satisfy the Bachelor of Science Degree requirement

Notes: