



## 4-Year Academic Plan: Exercise Science

The following is a **sample** outline demonstrating 4-year completion of this bachelor's degree. Each student's reality will vary slightly, as this plan does not include transfer work, Advanced Placement (AP), or concurrent enrollment credits. Math and English placement will be based on the student's ACT/SAT scores. **PLEASE NOTE:** The following plan assumes students are prepared to take the Math course listed. If prerequisites are required, additional semesters may be required to complete degree.

*While every effort has been made to align this sample with departmental offerings and recommendations, **this is a GUIDE ONLY.** Please meet with your academic advisor and consult DegreeWorks for specifics*

### **1<sup>st</sup> Year Fall (16 credits)**

ENGL 1010 Intro to Academic Writing (3)  
 PE 1098 Wellness Dynamics (3)  
 Quantitative Literacy/MATH GE (4)  
 American Institutions Course (3)  
 CSIS 1000 Intro to Computers (3)

### **1<sup>st</sup> Year Spring (15 credits)**

ENGL 2010 Intermediate Writing (3)  
 LM 1010 Information Literacy (1)  
 Humanities Knowledge Area (3)  
 PE 3050 Motor Learning (3)  
 BIOL 1610/1615 General Biology w/ Lab\* (4)  
 EDGE 1010 EDGE Program Introduction (1)

### **2<sup>nd</sup> Year Fall (14 credits)**

Fine Arts Knowledge Area (3)  
 Physical Science Knowledge Area w/Lab (4)  
 BIOL 2320/2325 Human Anatomy w/ Lab\* (4)  
 Free Electives (3)

### **2<sup>nd</sup> Year Spring (15 credits)**

BIOL 2420/2425 Human Physiology w/ Lab\* (4)  
 PE 3080/3085 Athl. Training/Sports Med. w/ Lab (4)  
 PE 1543 Adv. First Aid/CPR\*\*\* (1)  
 Free Electives (6)

### **3<sup>rd</sup> Year Fall (15 credits)**

PE 3070/3075 Exercise Physiology w/ Lab (4)  
 PE 4040 Exercise Testing & Prescription (3)  
 PE Core Elective\*\* (3)  
 EDGE 30XX EDGE Project Proposal\*\* (1)  
 Free Electives (4)

### **3<sup>rd</sup> Year Spring (16 credits)**

PE 4010 Meth. of Sports Conditioning (3)  
 PE Core Elective\*\* (3)  
 PE 3060/3065 Biomechanics w/ Lab (4)  
 Free Electives (6)

### **4<sup>th</sup> Year Fall (16 credits)**

PE 4020 Research Meth. & Stats. In Ex. Sci. (3)  
 PE Core Elective\*\* (3)  
 EDGE 40XX EDGE Program Completion\*\* (1)  
 Free Electives (9)

### **4<sup>th</sup> Year Spring (13 credits)**

PE 4030 Clinical Appl. of Exercise Science w/ Lab (4)  
 PE Core Elective\*\* (3)  
 Free Electives (6)

#### Color Key:

General Education Courses (green)

Major requirements that also fulfill GE requirement (purple)

EDGE Program Courses (orange)

Major Courses (black)

Electives/minor/post-grad pre-reqs (red)

#### Other Notes:

- (\*) Other Biology options available—students MUST speak with advisor prior to choosing BIOL courses to ensure proper sequence is selected
- (\*\*) see catalog for available options
- (\*\*\*) Must take class or have current card at graduation
- Students interested in Grad School or a Sports Medicine field will replace “free electives” on this sample plan with pre-requisite courses for admission to post-graduate programs. This sample does not reflect proper timing for pre-requisite courses—please work with an advisor.