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| Courses | Credit Hours |
| Major | HFS21500 Introduction to Health and Fitness Sciences | 3 |
| HFS33000 Recreation, Sport, and Fitness Administration | 3 |
| EXS27500 Research Methods and Data Interpretation  | 3 |
| EXS31500 Exercise Physiology | 3 |
| EXS31600 Exercise Physiology Lab | 1 |
| EXS31700 Advanced Exercise Physiology | 3 |
| EXS32500 Biomechanics | 3 |
| EXS36000 Exercise Principles for Optimum Performance | 4 |
| EXS38700 Exercise Testing | 3 |
| EXS38800 Exercise Testing Lab | 1 |
| EXS41000 Exercise Prescription and Implementation | 3 |
| EXS43000 Physical Activity for Specific Populations | 3 |
| HFS35000 Practicum HFS45000 InternshipEXS33500 Independent ResearchEXS44100 Research Internship*6 credits required, 3 of which must be an internship* | 6 |
| BSC22800 Human Anatomy and Physiology II | 4 |
| School of Health Sciences Elective 200 level+ | 3 |
| School of Health Sciences Elective 200 level+ | 3 |
| GE Core | Composition IENG/L 15000 or EPP 15000 | 3 |
| Composition IIENG/L 17000 | 3 |
| US History or GovernmentGE-Human Culture: US History/Government | 3 |
| MathMTH 14100 Basic Statistics (also a major requirement)  | 3 |
| GE Natural & Social Science/ Math | PSY10000 (also a major requirement)GE-Social Science | 3 |
| BSC10000 or BSC24400 (also a major requirement)GE-Natural Science Lab | 4 |
| CHM10000 or CHM 23000 (also a major requirement)GE-Social Science or GE-Natural Science | 3 or 4 |
| EXS24000 (also a major requirement)GE-Social Science, GE-Natural Science, or GE-Math | 3 |
| BSC22700 Anatomy and Physiology I (also a major requirement)GE-Elective | 4 |
| MTH15100 or MTH15200 (also a major requirement)GE-Elective | 3 |
| GE Human Culture(two from this category should also be classified as Human Diversity) | ArtsGE-Fine Arts | 3 |
| LiteratureGE-Human Culture: Literature | 3 |
| Non-Literature, Non-Arts Human Culture ElectiveGE-Human Culture | 3 |
| Human Culture ElectiveGE-Human Culture | 3 |
| Free Electives or MinorMay require LNO (1 credit)12 credits of electives should be at 300 or 400 level | 26-27 |
| **Total** | **120** |