

**Exercise Science Degree**  
Bachelor of Science, 2026-2027

**Sample 4-Year Plan (Emphasis in Strength & Conditioning)**

| 1 <sup>st</sup> Year |                                                                         |    |                  |                                                                 |         |
|----------------------|-------------------------------------------------------------------------|----|------------------|-----------------------------------------------------------------|---------|
| Fall                 |                                                                         |    | Spring           |                                                                 |         |
| BSC 10000/24400      | Concepts in Biology or Intro to Cell/Molecular Biology                  | 4  | CHM 10000/23100  | Concepts in Chemistry or General Chemistry                      | 3-4     |
| ENGL 15000           | GE - Core (English Composition I)                                       | 3  | ENGL 17000       | GE - Core (English Composition II)                              | 3       |
| HFS 21500            | Intro to Health and Fitness Sciences                                    | 3  | MTH 14100        | Basic Statistics                                                | 3       |
| MTH 15100            | GE - Core (Math - College Algebra)                                      | 3  | EXS 27500        | Research Methods                                                | 3       |
| UNIV 10100           | First-year Seminar                                                      | 1  |                  | Elective                                                        | 3       |
| Semester Credits     |                                                                         | 14 | Semester Credits |                                                                 | 15-16   |
| 2 <sup>nd</sup> Year |                                                                         |    |                  |                                                                 |         |
| Fall                 |                                                                         |    | Spring           |                                                                 |         |
| BSC 22700            | Human Anatomy & Physiology I                                            | 4  | BSC 22800        | Human Anatomy & Physiology II                                   | 4       |
| PSY 10000            | Principles of Psychology                                                | 3  | EXS 24000        | Nutrition Through the Life Cycle                                | 3       |
| EXS 20100            | Concepts of Physical Fitness: Cardiorespiratory and Aerobic Performance | 3  | EXS 20200        | Concepts of Physical Fitness: Strength and Muscular Performance | 3       |
| GE – HC              | GE - Human Cultures (Elective)                                          | 3  | GE – HC / Lit    | GE - Human Cultures (Lit)                                       | 3       |
|                      | CSTH Elective                                                           | 3  |                  |                                                                 |         |
| Semester Credits     |                                                                         | 16 | Semester Credits |                                                                 | 13      |
| 3 <sup>rd</sup> Year |                                                                         |    |                  |                                                                 |         |
| Fall                 |                                                                         |    | Spring           |                                                                 |         |
| EXS 31500            | Exercise Physiology                                                     | 3  | EXS 31700        | Adv. Exercise Physiology                                        | 3       |
| EXS 31600            | Exercise Physiology Lab                                                 | 1  | EXS 32500        | Biomechanics                                                    | 3       |
| HFS 31000            | Functional Anatomy                                                      | 3  | EXS 38700        | Exercise Testing & Prescription                                 | 3       |
| GE – Core            | GE - Core (Am/Gov't, US History)                                        | 3  | EXS 38800        | Exercise Testing Prescription Lab                               | 1       |
| GE – HC / Arts       | GE - Human Cultures (Fine Arts)                                         | 3  | EXS 34000        | Nutrition for Performance                                       | 3       |
| PSY 31400            | Sports Psychology                                                       | 3  | GE – HC          | GE - Human Cultures (Non-Art, Non-Lit)                          |         |
| Semester Credits     |                                                                         | 16 | Semester Credits |                                                                 | 16      |
| 4 <sup>th</sup> Year |                                                                         |    |                  |                                                                 |         |
| Fall                 |                                                                         |    | Spring           |                                                                 |         |
| EXS 41500            | Program Implementation                                                  | 3  | HFS 47000        | Internship                                                      | 3       |
| EXS 43000            | Physical Activity for Specific Populations                              | 3  | HFS 33000        | Rec, Sport, Fit Administration                                  | 3       |
| EXS 38500            | Adv. Strength and Conditioning                                          | 3  | EXS 45500        | CSCS Exam Preparation                                           | 3       |
| EXS 43500            | Adv. Testing & Prescription                                             | 3  |                  | Elective                                                        | 3       |
|                      | Elective                                                                | 3  |                  | Elective                                                        | 3       |
| Semester Credits     |                                                                         | 15 | Semester Credits |                                                                 | 15      |
|                      |                                                                         |    |                  | Total Degree Credits                                            | 120-121 |

Courses in red are specific to emphasis.