

Exercise Science Degree					
Bachelor of Science, 2026-2027					
Sample 5-Year Plan					
Exercise Science (BS) Emphasis in Pre-Athletic Training & Athletic Training (MS)					
1 st 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	GE – HC	GE - Human Cultures (Non-Art, Non-Lit)	3
HFS 18500	Medical Terminology	2			
Semester Credits		16	Semester Credits		15-16
2 nd 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	HFS 33000	Rec, Sport, Fit Administration	3
GE – Core	GE - Core (Am/Gov't, US History)	3	GE – HC / Lit	GE - Human Cultures (Lit)	3
Semester Credits		16	Semester Credits		16
3 rd Year					
Fall			Spring		
EXS 31500	Exercise Physiology	3	EXS 31700	Adv. Exercise Physiology	3
EXS 31600	Exercise Physiology Lab	1	EXS 32500	Biomechanics	3
EXS 38700	Exercise Testing & Prescription	3	EXS 41500	Program Implementation	3
EXS 38800	Exercise Testing Prescription Lab	1	EXS 43000	Physical Activity for Specific Populations	3
HFS 31000	Functional Anatomy	3	GE – HC / Arts	GE - Human Cultures (Fine Arts)	3
PHY 11100/11200	Concepts of Physics	4			
Semester Credits		15	Semester Credits		15
Summer – Begin AT (MS) Coursework					
AT 50000	Essentials of Athletic Training	3			
AT 53000	Advanced Clinical Anatomy	3			
Semester Credits		6			
4 th Year					
Fall			Spring		
HFS 45000/AT 50100	Internship/Clinical Practicum I	3	HS 54000	Research Methods	3
HS 54200	Statistical Analysis	3	AT 50200	Clinical Practicum II	3
AT 54100	Orthopedic Evaluation I	4	AT 51100	Clinical Decision-Making I	1
AT 55100	Therapeutic Interventions I	4	AT 54200	Orthopedic Evaluation II	4
			AT 55200	Therapeutic Interventions II	4
Semester Credits		14	Semester Credits		15
				Total Degree Credits (BS)	128-129

Courses in red are specific to emphasis.

Athletic Training Degree
Master of Science, 2026-2027 (accelerated pathway)

Completed in one year after completing the EXS (BS) with Emphasis in Pre-Athletic Training

5th Year

Summer

AT 60100	Leadership & Management in AT	3	
AT 50400	Clinical Practicum IV (immersive) Can be switched with AT 50300 (physical therapy rotation)	3 (2)	
Semester Credits		6	

Fall

Spring (16 weeks)

AT 54400	Evaluation & Management of General Medical Conditions	5	AT 65000	Capstone	3
AT 55300	Therapeutic Interventions III	4	Spring – 1st 8 weeks only		
AT 51200	Clinical Decision Making II	1	HS 53700	Contemporary Trends in Wellness	3
AT 50300	Clinical Practicum III (PT rotation)	2	AT 63000	Seminar in Athletic Training	1
Fall – 2nd 8 weeks only			AT 51300	Clinical Decision Making III	1
HS 51200	Nutrition for Active Lifestyles and Injury Prevention	3	AT 51400	Clinical Decision Making IV	1
			AT 68100	Comprehensive Examination	0
			AT 50500	Clinical Practicum V (general medical)	1
			Spring – 2nd 8 weeks only		
			AT 50600	Clinical Practicum VI (immersive)	3
Semester Credits		15	Semester Credits		13

Total Degree Credits (MS) 34