

EXERCISE SCIENCE (124 cr.)
Four-Year Rotation – Fall, 2026

Freshman	Fall Semester		Freshman	Spring Semester	
EXS 101	Introduction to Exercise Science	3	EXS 261 / EXS 190	Medical Terminology / Anatomy & Physiology for EXS	3/4
EXS 190 / EXS 261	Anatomy & Physiology for EXS / Medical Terminology	4/3	EXS 206 / PSYCH 101	Fitness Organization & Management / General Psychology I (Counts as a Social Science)	3/3
EXS 170 / COM 101	Functional & Palapation Anatomy/ Communication	2/3	COM 101 / EXS 170	Communication / Functional & Palpation Anatomy	3/2
CHEM 103	General Chemistry (counts as a Nat. Science)	4	ENG 102	Composition II	3
ENG 101	Composition I	3		Historical Reasoning	3
		15/17			14/16

Sophomore	Fall Semester		Sophomore	Spring Semester	
EXS 210	Cardiovascular Pathophysiology	2	EXS 312	Fitness Assessment I	3
EXS 258	Pharmacology for the Exer. Sci.	3	EXS 312 L	Fitness Assessment I Lab	0
EXS 309	Physiology of Exercise	3	EXS 319	Health Behavior Management	3
MATH 108	Introductory Statistics (math req.)	3	DIET 320	Human Nutrition	3
EXS 206 / PSYCH 101	Fitness Organization & Management / General Psychology I (Counts as a Social Science)	3		Humanities	3
	Aesthetics	3		Elective	3
		17			15

Junior	Fall Semester		Junior	Spring Semester	
EXS 308	Kinesiology / Elective	3/3	EXS 308	Elective / Kinesiology	3/3
EXS 313	Fitness Assessment II	3	EXS 310	Adv. Exercise Physiology	3
EXS 313 L	Fitness Assessment II Lab	0		Elective	3
EXS 430	Exercise / Chronic Diseases	3		Critical Cultural Inquiry	3
	Aesthetics	3		Social Sciences	3
BIO 201	Molecular & Cellular Basis of Life (counts as a Nat. Science)	4			
		16			15

Senior	Fall Semester		Senior	Spring Semester	
EXS 314	Group Exercise Leadership	3	EXS 420	Strength Training Physiology	3
EXS 314 L	Group Exercise Leadership Lab	0	EXS 474	Sport Nutrition	3
EXS 493	Internship	3	EXS 493	Internship	3
HS 360	Research For Health Sciences / Elective	3/3	HS 360	Elective / Research For Health Sciences	3/3
	Religion	3		Elective	3
	Humanities	3			
		15			15

Total 124 Cr.