



Four-Year Degree Plan

Catalog: 23-24

Major:	Exercise Science		
Concentration:	Fitness, S&C	Minor:	
Concentration 2:		Credits:	120

Fall 2023		14	Spring 2024		14
ESCI 100	Intro to Allied Health	3	ESCI 125	Health Risk Intervention	3
FYE 100	College Engagement Sem.	2	ENGL 125	Composition I	3
GLST 100	World Issues	3	ESCI 237	Inclusive Recreation	3
Historical/Political	Student Choice	3	Creative Gen Ed	Student Choice	3
Open Elective	Student Choice	3	Open Elective	Student Choice	1
			GEN 101	Jacket Journey	1
Fall 2024		15	Spring 2025		14
BIO 120	Biology I	4	CHEM 113	Chemistry Around Us	4
BIO 120 L	Biology I Lab	0	CHEM 113 L	Chem Around Us Lab	0
ENGL 225	Composition II	3	ESCI 280	Fitness, S&C	3
PSY 110	Introduction to Psychology	3	COMM 120	Intro to Human Comm	3
ESCI 220	Medical Terminology	2	Open Elective	Student Choice	3
MATH 110	College Algebra	3	GEN 201	Jacket Journey	1
Fall 2025		16	Spring 2026		15
BIO 235	Anatomy & Physiology I	4	BIO 236	Anatomy & Physiology II	4
BIO 235 L	Anatomy & Physiology I Lab	0	BIO 236 L	Anatomy & Physiology II Lab	0
ESCI 380	Fitness Testing	3	SPMT 320	Sociology of Sport	3
ESCI 340	Sport Nutrition	3	ESCI 234	CPR & First Aid	1
Open Elective	Student Choice	3	ESCI 256	Research in ESCI	3
Open Elective	Student Choice	3	Open Elective	Student Choice	3
			GEN 301	Jacket Journey	1
Fall 2026		16	Spring 2027		16
ESCI 355	Exercise Physiology	3	ESCI 356	Biomechanics/Kinesiology	3
ESCI 498	Fitness & Wellness Programming	3	ESCI 491	Internship	3
ESCI 481	Coaching/Administration	3	ESCI 330	Pharmacology	3
PHYS 210	Physics I	4	Open Elective	Student Choice	3
PHYS 210 L	Physics I Lab	0	Open Elective	Student Choice	3
Open Elective	Student Choice	3	GEN 401	Jacket Journey	1

	Indicates course required of major
	Indicates General Education Requirement
	Indicates course required of Concentration