



DEGREE PLAN

	Fall	Spring
Freshman	Introduction to Exercise Science (3) Foundations of Physical Activity (3) Anatomy & Physiology 1 & Lab (5) General Education (3)	Anatomy & Physiology 2 & Lab (5) Nutrition & Exercise (3) General Education (3) General Education (3) General Education (3)
Sophomore	Exercise Physiology & Lab (4) Health Behavior (3) General Education (3) General Education (3) Sociology (3)	Methods of Assessment & Lab (4) Develop & Analysis of Movement & Lab (4) General Education (3) General Education (3) General Education (3)
Junior	Exercise Prescription & Lab (4) Methods of Group Exercise (3) General Education (3) General Education (3) Psychology for the Lifespan (3)	Exercise for Varied Populations & Lab (4) Strength and Conditioning (3) General Education (3) General Education (3) Abnormal Psychology (3)
Senior	Senior Capstone (2) Evidence-Based Decision Making (3) Administrative Topics in Exercise Science (3) General Education (3) Statistics for the Social Sciences (3) Elective (3)	Internship (4) General Education (3) Elective (3) Elective (3) Elective (3)