



**Welcome to Lewis
University**

BS Exercise Science

**Career in Fitness or
Coaching**

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) General Education (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) Elective (3)	Exercise for Varied Populations & Lab (4) Strength and Conditioning (3) General Education (3) General Education (3) Elective (3)
Senior	Senior Capstone (2) Evidence-Based Decision Making (3) Administrative Topics in Exercise Science (3) General Education (3) Elective (3) Elective (3)	Internship (4) General Education (3) Elective (3) Elective (3) Elective (3)