



First Year

1st Semester (16 hrs)			2nd Semester (15 hrs)		
Course	Title	hrs	Course	Title	hrs
ENGL A101*	Composition	3	ENGL A102*	Composition and Literature	3
MATH A111 or MATH A22	Precalculus I or Survey of Calculus with Applications	3	EXSC A203	CPR and First Aid	1
EXSC A198	Intro to Exercise & Sports Sci	3	EXSC A225	Introduction to Athletic Training	3
BIOL A243	Anatomy & Physiology I w/ Lab	4	CHEM A101	Introduction to Chemistry	4
PSYC A101	Introduction to Psychology	3	BIOL A244	Anatomy & Physiology II w/ Lab	4

1st Semester (16 hrs)			2nd Semester (14 hrs)		
Course	Title	hrs	Course	Title	hrs
EXSC A239	Fitness Assessment	3	EXSC A201	Medical Terminology	3
STAT A201	Elementary Statistics	3	EXSC A1XX	Activity Course	1
GEN ED	COMM A201, COMM A241	3	GEN ED	Humanities	3
GEN ED	Humanities	3	GEN ED	POLI A201, HIST A201/A202	3
PHYS A201	General Physics I	4	BIOL A121	Biological Sciences	4

Third Year

1st Semester (15 hrs)			2nd Semester (16-17 hrs)		
Course	Title	hrs	Course	Title	hrs
EXSC A311	Nutritional Aspects	3	EXSC A323/A323L	Exercise Physiology	4
EXSC A337	Health and Behavior Change	3	EXSC A321	Anatomical & Biomechanical	3
EXSC A328	Electrocardiography	3	ELEC	Lab Science Elective	3/4
GEN ED	HIST A101, HIST A102	3	PSYC A320	Abnormal Psychology	3
PSYC A310	Developmental Psychology	3	SOCY A101	Introductory Sociology	3

Fourth Year

1st Semester (16 hrs)			2nd Semester (15 hrs)		
Course	Title	hrs	Course	Title	hrs
EXSC A423/A423L	Exercise Testing	4	EXSC A424	Exercise Prescription	3
EXSC A440	Topics in Allied Health	3	EXSC A441	Internship	3
ELEC	Elective	3	ELEC	Elective	3
ELEC	Elective	3	ELEC	Elective	3
ELEC	Elective	3	ELEC	Elective	3

*These are recommended courses. Consult OTCAS or specific programs to learn respective required courses.