

Bachelor of Science in
Exercise and Sports Science
Applied Exercise Science Concentration
2026-2027 Academic Bulletin



First Year					
1st Semester (16 hrs)			2nd Semester (15 hrs)		
Course	Title	hrs	Course	Title	hrs
CHEM A111	General Chemistry I	4	ENGL A102	Composition and Literature	3
ENGL A101	Composition	3	EXSC A225	Intro. to Athletic Training	3
EXSC A198	Foundations in Exercise and Sports Science	3	HIST A101/A102	GEN ED Global Cultures	3
MATH A111	Precalculus I	3	GEN ED	Humanities	3
PSYC A101	Introductory Psychology	3	COLLEGE REQ.	College requirement*	3
Second Year					
1st Semester (14 hrs)			2nd Semester (14 hrs)		
Course	Title	hrs	Course	Title	hrs
BIOL A243	Human Anatomy & Physiology I	4	BIOL A244	Human Anatomy & Physiology II	4
EXSC A201	Medical Terminology	3	EXSC A203	CPR and First Aid	1
SPAN A112	Beginning Spanish for the Clinical Encounter	3	EXSC A239	Fitness Assessment and Exercise Leadership	3
STAT A201	Elementary Statistics	3	EXSC A221	Foundations in Func. Anatomy	3
EXSC A1XX	EXSC Activity Course	1	EXSC A211	Foundations in Human Metabolism	3
Third Year					
1st Semester (16 hrs)			2nd Semester (14 hrs)		
Course	Title	hrs	Course	Title	hrs
PHYS A201	General Physics I	4	EXSC A321	Anat. & Biomech. Kinesiology	3
EXSC A337	Health and Behavior Change	3	EXSC A323/A323L	Exercise Physiology and Lab	4
EXSC A311	Nutritional Aspects of Health, Fitness, and Sports Performance	3	ELECT	Applied Exercise Science Elective ¹	4
GED ED	Humanities	3	COMM A201/A241	GEN ED Oral Communication	3
COLLEGE REQ.	College requirement*	3			
Fourth Year					
1st Semester (16 hrs)			2nd Semester (15 hrs)		
Course	Title	hrs	Course	Title	hrs
EXSC A423/A423L	Exercise Testing & Lab	4	EXSC A424	Exercise Prescription	3
EXSC A440	Topics in Allied Health	3	EXSC A441	Internship in EXSC	3
EXSC A458	Research Methods in EXSC	3	COLLEGE REQ.	College requirement*	3
COLLEGE REQ.	College requirement*	3	COLLEGE REQ.	College requirement*	3
POLI A201/ HIST A201/A202	GEN ED American Political Institutions	3	ELECT	Applied Exercise Science Elective ¹	3

¹Applied Exercise Science elective courses are additional upper-level (300-level and above) Exercise and Sports Science courses beyond the specified major requirements, or courses with departmental permission.

*Students in the College of Sciences and Engineering will complete a minimum of 15 total credit hours from three or more areas: Humanities, Fine Arts, Math/Stats/Logic, Natural Science, Social/Behavioral Science, and Foreign Languages.