

Clinical Exercise Physiology—Pre-Athletic Training Track

FRESHMAN YEAR

Fall Semester	16 Credits
ENGL 1100	Writing I3
EXSS 1011	Introduction to EXSS3
BIOL 1200	Anatomy and Physiology I4
	Gen Ed/WS3
FYE	First Year Experience3

Spring Semester	17 Credits
ENGL 1200	Writing II.....3
MATH 1700	Applied Statistics (QR)3
BIOL 1300	Anatomy and Physiology II4
PSY 1100	Intro to Psychological Science (PL)3
BIOL 1800	General Biology I4

SOPHMORE YEAR

Fall Semester	17 Credits
EXSS 2050	Functional Anatomy3
EXSS 2065	Research Methods3
EXSS 2071	Exercise Physiology I4
CHEM 1300	General Chemistry I (SI)4
	Gen Ed/ Exploration3

Spring Semester	15 Credits
EXSS 2300	Sports Nutrition.....3
Or 3000	Or Applied Nutrition
EXSS 2072	Exercise Physiology II4
CHEM 1400	General Chemistry II4
MATH 1300 or	Precalculus or Calculus4
MATH 2300	

JUNIOR YEAR

Fall Semester	13 Credits
EXSS 2400	Health Promotion (PW).....3
EXSS 3110	Essentials of Personal Training.....3
Or 3120	Or Strength Training & Conditioning
EXSS 4200	Professional & Career Development...3
PHYS 2300	General Physics I4

Spring Semester	16 Credits
EXSS 3450	Exercise Testing & Prescription4
EXSS 4045	Cardiovascular & Electrophysiology3
EXSS 2023	Introduction to Sports Medicine3
	Gen Ed/Exploration3
	Gen Ed/Integration (AIA).....3

SENIOR YEAR

Fall Semester	13 Credits
EXSS 3600	Exercise Response & Adaptation in Special Populations3
EXSS 4005	Biomechanics & Motor Control of Human Movement4
	Gen Ed/ Exploration3
	Gen Ed/ Exploration3

Spring Semester	15 Credits
EXSS 4950	Internship (AIA/IHIP)6
	Gen Ed/ Exploration3
	Gen Ed/ AIA3
	Free elective.....3

Courses in bold indicate prerequisite courses for athletic training programs. They are not required by the clinical concentration at Fitchburg State University

General Education: Foundation

3 credits Reading and Information Literacy (R and IL): First Year Experience
3 credits Writing (W): Writing I
3 credits Writing and Information Literacy (W and IL): Writing II
3 credits Quantitative Reasoning (QR) (MATH)
3 credits World Languages, Speaking and Listening (WS)

General Education: Exploration

3 credits Civic Learning (CV)
3 credits Diverse Perspectives (DP)
3 credits Ethical Reasoning (ER)
3 credits Fine Arts Expression and Analysis (FA)
3 credits Historical Inquiry and Analysis (HI)
3 credits Literary Inquiry and Analysis (LI)
3 credits Personal Wellness (PW)
3 credits Procedural and Logical Thinking (PL)
3 credits Scientific Inquiry and Analysis (SI)

General Education: Integration

9 credits AIA (3 of which must be Integrative High Impact Practice - IHIP)
OR
Minor (professional majors completing a minor or second major must include at least 9 credits in LA&S disciplines for that minor)

General Education: MAJ

There may be major courses that have been approved to fulfill up to 3 General Education requirements (at least 9 credits). Varies by major and concentration.

Suggested 4-year plan of study. Completion of 120 credits required for graduation.