

Fitness and Wellness

FRESHMAN YEAR

Fall Semester 16 Credits

ENGL 1100	Writing I (W).....	3
EXSS 1011	Introduction to EXSS	3
BIOL 1200	Anatomy and Physiology I.....	4
FYE	First Year Experience (R & IL).....	3
	Gen Ed/ Exploration	3

Spring Semester 16 Credits

ENGL 1200	Writing II (W & IL).....	3
MATH 1700	Applied Statistics (QR)	3
BIOL 1300	Anatomy and Physiology II.....	4
PSY 1100	Intro to Psychological Science (PL) ...	3
	Gen Ed (WS)	3

JUNIOR YEAR

Fall Semester 15 Credits

EXSS 2300	Sports Nutrition.....	3
Or 3000	Or Applied Nutrition	
EXSS 3110	Essentials of Personal Training.....	3
Or EXSS 3120	Or Strength and Conditioning	
EXSS 4200	Professional & Career Development	3
	Gen Ed/ Exploration	3
	Minor or Gen Ed Integration (AIA).....	3

Spring Semester 14 Credits

EXSS 3450	Exercise Testing & Prescription.....	4
	Free elective or minor course.....	3
	Free elective or minor course.....	3
	Gen Ed/Exploration	4

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.

SOPHMORE YEAR

Fall Semester 16 Credits

EXSS 2065	Research Methods	3
EXSS 2071	Exercise Physiology I.....	4
	Free elective or minor course.....	3
	Gen Ed/ Exploration.....	3
	Gen Ed/ Exploration.....	3

Spring Semester 16 Credits

EXSS 2400	Health Promotion (PW)	3
EXSS 2072	Exercise Physiology II	4
EXSS 2050	Functional Anatomy.....	3
	Gen Ed/ Exploration	3
	Gen Ed/ Exploration (SI).....	3

SENIOR YEAR

Fall Semester 14 Credits

EXSS 3600	Exercise Response & Adaptation in Special Populations	3
EXSS 4005	Biomechanics & Motor Control of Human Movement	4
	Free elective or minor course.....	3
	Free elective.....	4

Spring Semester 13 Credits

EXSS 4040	Fitness Management.....	3
	Free elective.....	4
EXSS 4950	Internship (AIA/IHIP).....	6

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