



CURRICULUM GUIDE

Exercise Science (Bachelor of Science)

Name: _____

Catalogue Year: _____

Minor: _____

Freshman (Fall)		Credits	Freshman (Spring)		Credits
BIO	Biology 112	4	BIO	Biology 2 course	4
HIS	World History 101 or 102	3	HIS	World History 101 or 102	3
ENG 111	Written Composition I	3	ENG 112	Written Composition II	3
CHR	CHR 111 or 112	3	CHR	CHR 111 or 112	3
PSY 213	Introduction to Psychology	<u>3</u>	PEWS 113	Nutrition	<u>3</u>
		16			16

Review Registration on Ellucian/Self-Service

Sophomore (Fall)		Credits	Sophomore (Spring)		Credits
BIO 221	Anatomy and Physiology 1	4	BIO 222	Anatomy and Physiology 2	4
MAT	MAT 111 or 114	3	MAT	MAT 111 or 114	3
COM	Communications 112 or 235	3	PEWS 201	Intro to Exercise and Sport	3
ENG	World Literature 201 or 202	3	PEWS 324	Understanding Your Health	3
ART 210	Arts in Western Civilization	<u>3</u>	ANY	Elective or prerequisite	<u>3</u>
		16			16

Junior (Fall)		Credits	Junior (Spring)		Credits
CHE 111	Chemistry I	4	CHE 112	Chemistry II	4
SOC	Social Science elective	3	PEWS 410	Ex/Sport for Special Populations	3
PEWS 333	Health/Fitness Instruction	3	PEWS 421	Psychology of Exercise and Sport	3
PEWS 342	Facilities/Equip in Exercise/Sport	3	PEWS 415	Physiology of Exercise ¹	3
PEWS 100	Fitness for Health	<u>1</u>	ELEC	Elective class	<u>3</u>
		14			16

Apply for Junior Audit after completing 72 credit hours.

Senior (Fall)		Credits	Senior (Spring)		Credits
PHY 213	Physics I	4	PHY 214	Physics II	4
PEWS 414	Kinesiology ¹	3	PEWS 461	Exercise Testing and Prescription ¹	3
PEWS 416	Research Methods in Ex/Sport ³	3	PEWS 435	Internship ²	6
PEWS 433	Strength and Conditioning	<u>3</u>			<u> </u>
		13			13

Apply for Graduation

1. Students must take BIO 221 and/or BIO 222 prior to taking PEWS 414, 415, and 461.
2. PEWS 435 may be divided into multiple semesters ranging from 1 hour to 6 hours of credit.
3. MAT 114 is suggested prior to taking PEWS 416.