

## **APPLIED EXERCISE SCIENCE PROGRAM**

**Class of 2025**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| FALL I |  | SPRING I |  | Total |
| Course | Credit |  | Course | Credit  |  |  |
| ENG 110 English Composition | 4 |  | BIO 106 BIO II: Cellular/Molecular w/lab | 4 |  |  |
| PSY 105 Intro. to Psychology | 3 |  | MAT 120 Statistics | 3 |  |  |
| BIO 105 BIO I: Ecology/Evolution w/lab | 4 |  | SOC 150 Intro to Sociology  | 3 |  |  |
| IHS 130 First Year Experience | 3 |  | EXS 120 Personal Health & Wellness | 3 |  |  |
| EXS 101 Introduction to Ex Sc | 1 |  | Core #1 - Exploration | 3 |  |  |
| SAS XXX Writing/Math Tutorial | (3) |  |  |  |  |  |
|  | 15(18) |  |  | 16 |  | 31(34) |
|  |  |  |  |  |  |  |
| FALL II |  | SPRING II |  | Total |
| Course | Credit |  | Course | Credit |  |  |
| BIO 208 Anat. & Physiology I | 4 |  | BIO 209 Anat. & Physiology II | 4 |  |  |
| CHE 110 General Chemistry I | 4 |  | IHS 310 Ethical Practice in the Health Professions  | 3 |  |  |
| EXS 180 Motor Learning and Performance | 3 |  | ATC 333 Human Gross Anatomy | 3 |  |  |
| NUTR 220 Nutrition | 3 |  | Core #3 SGA PSY 250 Lifespan Development | 3 |  |  |
| Core # 2 - Creative Arts | 3 |  | ATC 101 Prev & Care of Ath Inj  | 3 |  |  |
|  | 17 |  |  | 16 |  | 33 |
|  |  |  |  |  |  |  |
| FALL III |  | SPRING III |  | Total |
| Course | Credit |  | Course | Credit |  |  |
| EXS 330 Fitness Evaluation & Prescription w/lab | 3 |  | EXS 310 Kinesiology & Biomechanics | 3 |  |  |
| EXS 320 Exercise Physiology w/lab | 3 |  | ATC 420 Research Methods  | 3 |  |  |
| EXS 380 12 Lead ECG Interpretation w/lab | 3 |  | EXS 392 Clinical Diagnostic GXT  | 3 |  |  |
| PHY 110 Physics I w/lab | 4 |  | EXS 495 AES Seminar | 1 |  |  |
| \*AES Elective 1 of 3 | 3 |  | BIO 309 Pathophysiology | 3 |  |  |
|  |  |  | \*AES Elective 2 of 3 | 3 |  |  |
|  |  |  |  |  |  |  |
|  | 16 |  |  | 16 |  | 32 |
|  |  |  |  |  |  |  |
| FALL IV |  | SPRING IV |  | Total |
| Course | Credit |  | Course | Credit |  |  |
| EXS 340 Concepts of Strength | 3 |  | †EXS 499 Internship (Fall or Spring 6 cr.)  | 6 |  |  |
| Core #4 - Adv. Studies | 3 |  | ATC 306 Psych of Sport & Ex | 3 |  |  |
| EXS 322 Metabolism & Bioenergetics of Sport Nutrition | 3 |  | \*AES Elective 3 of 3 | 3 |  |  |
| EXS 432 Ex. Mgt. for Chronic Disease & Disability  | 3 |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | 12 |  |  | 12 |  | 24 |
|  | 120 |

†The senior-level culminating experience EXS 499 may be either taken as a six-credit or (two) three-credit field experience internship(s) (taken in the fall or spring). Each student is required to complete a minimum of 270 hours (45 hours/credit) under the direct supervision of an approved clinical internship site supervisor, averaging between 10-20 hours per week based on credit amount.

\*AES Elective’s (9 credits): Minimum of 6 out of 9 credits required to have EXS or ATC prefix, the remaining credits must have a

BIO, CHE, or PHY prefix. Elective course substitution per permission from ESP Department Chair.