EXERCISE SCIENCE

HEALTH AND SPORT SCIENCES DEPARTMENT • SEIDEL SCHOOL

CURRICULUM GUIDE

Est. Spring 2016

NAME:_____ ID#:_____ DATE:_____

THIS CURRICULUM GUIDE IS AN UNOFFICIAL TOOL FOR PLANNING.
Matriculated students and advisors should consult the Academic Requirements Report in GullNet before and after registering for classes each semester to track academic progress.

UNIVERSITY POLICIES

- Refer to the SU catalog for approved prerequisites and General Education courses.
- All graduates must have a minimum of 120 credits.
- All graduates must have a minimum of 30 credits of 300/400-level courses with C grade or above; at least 15 of those credits must be taken at SU.
- Students must have a minimum cumulative GPA of 2.0 for graduation.
- Students must complete at least 30 credit hours by direct classroom instruction and/or laboratory experience.
- Students must take 30 of the last 37 credit hours at SU.
- Ⓑ indicates the recommended minimum grade; although a C meets the requirement, SU history shows that students who graduate with this major earned this grade or higher for this course.
- **Bold courses are foundation courses and are required for courses later in the sequence.**

First Year

❑	ENGL 103Ⓑ	Composition and Research	4
❑	IIIA	Gen. Ed. Humanities Course	4
❑	**FTWL 106Ⓑ**	**Lifelong Fitness and Wellness**	3
❑	XXXX XXX	Elective	4
			15
❑	EXSC 213Ⓑ	Injury Prevention and Emergency Management	4
❑	IIIB	Gen. Ed. Social Science Course	3-4
❑	HIST 10X	Gen. Ed. IIA (HIST 101, 102 or 103)	4
❑	IVC	Gen. Ed. Math Course	3-4
			14-16/29-31

Winter/Summer Term

List courses that were taken during winter/summer terms:

❑ _____ _____ ....____

❑ _____ _____ ....____

Second Year

❑	**EXSC 240**	**Fitness Testing**	4
❑	**EXSC 250**	**Strength Training Techniques and Program Design**	4
❑	IIIC	Gen. Ed. Humanities/Social Science Course	3-4
❑	**BIOL 215Ⓑ**	**Human Anatomy and Physiology I**	4
			15-16/44-47
❑	XXXX XXX	Elective	4
❑	EXSC 295	Fitness Instruction	4
❑	HIST XXX	Gen. Ed. IIB History Course	4
❑	**BIOL 216Ⓑ**	**Human Anatomy and Physiology II**	4
			16/60-63

Winter/Summer Term

List courses that were taken during winter/summer terms:

❑ _____ _____ ....____

❑ _____ _____ ....____

Third Year

❑	EXSC 300	Health-Fitness Programs and Professions	4
❑	HLTH 317	Nutrition, Health and Human Performance	4
❑	XXXX XXX	Elective	4
❑	XXXX XXX	PHYS/CHEM Lab course	4
			16/76-79
❑	**EXSC 333**	**Kinesiology**	4
❑	**EXSC 344**	**Exercise Physiology**	4
❑	XXXX XXX	Elective	4
❑	XXXX XXX	Elective	3-4
			15-16/91-95

Winter/Summer Term

List courses that were taken during winter/summer terms:

❑ _____ _____ ....____

❑ _____ _____ ....____

Fourth Year

❑	XXXX XXX	Elective	3-4
❑	EXSC 462	Exercise and Special Populations	4
❑	EXSC 472	Stress Testing and Exercise Prescription	4
❑	ENGL XXX	Gen. Ed. IB Literature course	4
			15-16/106-111
❑	EXSC 479	Internship in Exercise Science	10
❑	EXSC 480	Exercise Science Seminar	2
			12/118-123

Salisbury UNIVERSITY