

Student: _____
 ID #: _____ Major: _____



CORE CURRICULUM GUIDE

Credits required: 42

Academic Year 2024-2025

Realms and Additional requirements	Met	Credits	Gr	Cr	Tm
LEADERSHIP REQUIREMENT (Waived for those with ≥ 15 credits or ≥ 24 years of age. Not waived for the RN to BSN or Nursing 1-2-1 Program.)	□				
Leadership for Social Justice Seminar (SYM 110) (W = waived)		3			
PHILOSOPHY/THEOLOGY (sea, phi, thy) (min 10 credits)	□				
Search for Meaning (sea) (SEA 101)		4			
Philosophy (phi)		3-4			
Theology (thy)		3-4			
COMMUNICATIONS/MATH (cm) (min. 8 credits)	□				
College Research Writing (ENG 120)		3			
Oral Communication (1 of 3 public speaking courses)		2-3			
College Level Math (MAT 104 or higher)		3-4			
World Language (3 credits or equivalency fulfilled)		3			
LITERATURE/FINE ARTS (lit, fa) (min. 9 credits)	□				
Fine Arts (fa) (min. 3 cr. of music, art, or dance)		3-4			
Literature (lit) (min. 3 cr.)		3-4			
Option (lit or fa) (min. 2 cr.)		2-4			
HUMANISTICS (his, bes, hum) (min. 9 credits)	□				
Behavioral Science (bes) (min. 3 cr.)		3-4			
History (his) (min. 3 cr.)		3-4			
Option (his, bes, hum) (min. 3 cr.)		3-4			
SCIENCES (sci, bio, che, phy) (min. 3 credits)	□				
Earth science, biology, chemistry, or physics (min. 3 cr.)		3-4			
OTHER GRADUATION REQUIREMENTS (Additional information in the University bulletin.)	□				
120 total credits required for graduation.					
43 Core credits required for graduation (40 if LSJ is waived).					
GLOBAL - One "global-designated" course (g) (minimum 3 credits). Transfer courses do not qualify.					

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EXERCISE SCIENCE

MAJOR

Credits required: 70

Academic Year 2024-2025

Note: 2.2 GPA in the major and 2.0 GPA overall.

Course Code	Course Title	Credits	Gr	Cr	Tm
Required Biology Courses:					
BIO 100	Introduction to Cell and Molecular Biology and Lab	4			
BIO 234	Anatomy and Physiology I and Lab	4			
BIO 235	Anatomy and Physiology II and Lab	4			
BIO 411	Exercise Physiology	4			
Required Dietetics Courses:					
DTS 250	Nutrition Principles	4			
Required Exercise Science Courses:					
EXS 130	Introduction to Exercise and Sport Science	1			
EXS 255	Health Care Teams: Evidence-based Practice	1			
EXS 265	Fitness Formats and Trends	3			
EXS 275	Strength Training & Conditioning Methods	3			
EXS 335	Kinesiology and Biomechanics	4			
EXS 355	Exercise Testing and Prescription	4			
EXS 361	Motor Learning and Control	3			
EXS 375	Care and Prevention of Athletic Injuries	3			
EXS 385	Modern Health and Wellness	3			
EXS 401	Health Care Teams: Opportunities and Challenges with Special Populations	1			
EXS 420	National Trends of Disease	2			
EXS 461	Fieldwork	2			
EXS 462	Fieldwork	4			
EXS 485	Capstone	1			
Required Exercise Science Certification Preparation Course (select 1):					
EXS 285	Personal Training Certification Preparation	4			
EXS 286	Group Fitness Instructor Certification Preparation	3			
Required Occupational Therapy Course:					
OCT 201	Health Care Teams: Foundations and Medical Terminology	1			
Required Psychology Course:					
PSY 103	Introduction to Psychology	4			
Elective Psychology Course (select 1):					
PSY 340	Foundations of Sport Psychology	3-4			
PSY 323	Health Psychology	3-4			

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Required Statistics course (select 1):					
MAT 216	Statistics	4			
PSY 310	Behavioral Science Statistics	4			