Student: _____
ID #: _____ Major: _____

Mount Mary UNIVERSITY

The 4 Cs Core Curriculum Guide

Credits required: 30-36 credits Academic Year 2026-2027

Requirements within each of the 4 Cs	Met	Credits	Gr	Cr	Tm
COMPETENCY (9-15 credits)					
FYS 100 - First Year Seminar (waived for Transfer students with 15 cr.)		3			
ENG 110 - Introduction to College Writing (can be met by transfer or higher placement)		3			
ENG 120 - College Research Writing		3			
COM 105 - Professional Presentations		3			
Mathematics - MAT 104 or above (3 credits)		3			
COMMUNITY AND COMPASSION (15 credits – 3 credits/group)					
See My Mount Mary Scheduling tools for category course list.					
Artistic Inquiry (ai)		3			
Global Perspectives (gp)		3			
GP includes a world language requirement: Met / Unmet					
Human Connection (hc)		3			
Civic Engagement (ce)		3			
Scientific Inquiry (si)		3			
COMMITMENT (6 credits)					
BUS 205 - Personal Finance		3			
Theology - Any core Theology course (3 credits)		3			
OTHER GRADUATION REQUIREMENTS (Additional information in the University catalog.)					
120 total credits required for graduation					

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EXERCISE SCIENCE **MAJOR**

Credits required: 53 Academic Year 2026-2027

Course Code	Course Title	Credits	Gr	Cr	Tm
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			
EXS 130	Introduction to Exercise and Sport Science	2			
EXS 265	Fitness Formats and Trends	3			
EXS 275	Strength Training & Conditioning Methods	3			
EXS 285	Personal Training Certification Preparation	4			
EXS 335	Kinesiology and Biomechanics	3			
EXS 355	Exercise Testing and Prescription	4			
EXS 375	Care and Prevention of Athletic Injuries	3			
EXS 385	Modern Health and Wellness	3			
EXS 420	National Trends of Disease	3			
EXS 461	Fieldwork	1 - 4			
EXS 485	Capstone	1			
OCT 201	Health Care Teams: Foundations and Medical Terminology	1			
PSY 103	Introduction to Psychology	3			
MAT 216 or PSY 310	Statistics or Behavioral Science Statistics	4			
	Choose 1 of the following courses:				
BIO 411	Exercise Physiology	3			
PSY 323	Health Psychology	3			
PSY 340	Foundations of Sport Psychology	3			

This guide is not intended for official use.