

EXERCISE SCIENCE
#2960
Suggested Sequence by Semester

*This suggested sequence does not include any required developmental courses.
Degree completion time may vary depending upon the number of credits taken each semester.*

SEMESTER I			SEMESTER II		
CREDITS			CREDITS		
Intro to Exercise Science	HES 111	3	Anatomy & Physiology II	BIO 102	4
General Psychology	PSY 113	3	English Composition II	ENG 112	3
English Composition I	ENG 111	3	Humanities/Social Science Elective		3
Statistics OR	MAT 124		Exercise Science Restricted Elective		1
College Algebra	MAT 110	3	Exercise Science Restrictive		1
Anatomy & Physiology I	BIO 101	<u>4</u>	Kinesiology	HES 211	<u>3</u>
	TOTAL	16		TOTAL	15
SEMESTER III			SEMESTER IV		
Exercise Physiology	HES 212	3	Exercise Msmt & Prescription	HES 213	3
Personal Health & Wellness	HED 286	3	First Aid & Emergency Care	HED 295	3
Speech Fundamentals	COM 109	3	Exercise Science Restricted Elective		1
Computer Concepts w/ Applications	CMP 135	3	Humanities Elective		3
Personal & Family Nutrition	HED 115	<u>3</u>	Intro Chemistry Lec/Lab OR	CHM 117/118	<u>4</u>
			General Chemistry I Lec/Lab	CHM 125/126	
	TOTAL	15		TOTAL	14

HUMANITIES:

Select a Humanities course from the approved General Education course list.

HUMANITIES/SOCIAL SCIENCE:

Select a Humanities or Social Science course from the approved General Education course list.

EXERCISE SCIENCE RESTRICTED ELECTIVES:

HED 132 Stress Management, HES 125 Stretch & Strength, HES 126 Personal Fitness, HES 127 Weight Training, HES 128 Yoga, HES 227 Exercise Science Internship.

HONORS COURSES:

You may be eligible to take honors courses. Discuss this option with your Academic Advisor.

GENERAL EDUCATION: [Click here for the most recent General Education course list.](#)

TRANSFER NOTE: An Articulation Agreement exists for students in this program who wish to transfer to William Paterson University (WPU), East Stroudsburg University and Bloomsburg University. Students interested in WPU should consider taking two semesters of one foreign language as their general education electives. Please see your advisor regarding other articulation agreements. Students interested in Physical Therapy must see an advisor for specific pre-requisites required for transfer.