

# Sample 4-Year Course Plan

## Exercise Science Major – Pre-medical/Pre-PA

### Freshman

#### FALL

ENG 110 – Thinking and Writing Across the Curriculum (3)  
 CORE 179 – Freshman Core Seminar (3)  
 BIO 203 – Gen. Biology – Anatomy & Physiology (4)  
 EXSC 125 – Intro to Exercise, Health, and Nutrition (3)  
 CHM 109 – Gen. Chemistry I (4)

**17 hours**

#### SPRING

ENG 111 – Scholarly Adventures: Researched Writing (3)  
 BIO 201 – Gen. Biology – Cells, Genetics, Evolution (4)  
 CHM 110 – Gen. Chemistry II (4)  
 EXSC/BIO Elective (3)  
 Philosophy Requirement (3)

**17 hours**

### Sophomore

#### FALL

MTH 140 – Intro to Statistics (3)  
 CHM 229 – Organic Chemistry I (4)  
 Sophomore Core Seminar (279) (3)  
 PSY 100 – Intro to Psychology (3)  
 EXSC/BIO Elective (3)

**17 hours**

#### SPRING

Sport Management Elective (3)  
 BIO 342 – Human Physiology (4)  
 Arts and Ideas Requirement (3)  
 PSY 224 – Human Development: Lifespan (3)  
 CHM 230 – Organic Chemistry II (4)

**17 hours**

### Junior

#### FALL

Junior Core Seminar (379) (3)  
 PHY 119/219 – Physics I (4)  
 CHM 451 - Biochemistry (4)  
 BIO 341 – Human Anatomy (4)

**15 hours**

#### SPRING

BIO 354 – Exercise Physiology (4)  
 Theology Requirement (3)  
 PHY 120/220 – Physics II (4)  
 Arts and Ideas Requirement (3)  
 BIO 227 - Microbiology (4)

**18 hours**

### Senior

#### FALL

EXSC 480 – Exercise Testing and Prescription (4)  
 BIO 366 - Genetics (4)  
 EXSC/BIO Elective (3)  
 SCI 479 – Senior Core Seminar (3)  
 Med Term I (1)  
 COM 242 – Cross Cultural Communication (3)

**18 hours**

#### SPRING

EXSC 497 – Internship (1-4) OR EXSC elective  
 Arts and Ideas Requirement (3)  
 Theology Requirement (3)  
 PHL 243 - Bioethics (3)  
 Med Term II (1)

**11-15 hours**

**TOTAL 126-130 hours**