



Four-Year Degree Plan

Catalog: 23-24

Major:	Exercise Science		
Concentration:	Pre-PT	Minor:	
Concentration 2:		Credits:	123

Fall 2023			Spring 2024		
16			17		
ESCI 100	Intro to Allied Health	3	ESCI 125	Health Risk Intervention	3
FYE 100	College Engagement Sem.	3	ESCI 237	Inclusive Recreation	3
GLST 100	World Issues	3	ENGL 125	Composition I	3
BIO 120	Principles of Bio I	4	BIO 129	Principles of Bio II	4
BIO 120 Lab	Principles of Bio I Lab	0	BIO 129 Lab	Principles of Bio II Lab	0
COMM 120	Intro to Human Comm.	3	Creative Gen Ed	Student Choice	3
			GEN 101	Jacket Journey	1
Fall 2024			Spring 2025		
16			14		
BIO 235	Anatomy & Physiology I	4	BIO 236	Anatomy & Physiology II	4
BIO 235 Lab	Anatomy & Physiology I Lab	0	BIO 236 Lab	Anatomy & Physiology II Lab	0
ENGL 225	Composition II	3	ESCI 256	Research in ESCI	3
PSY 110	Intro to Psychology	3	ESCI 280	Fitness, S&C	3
ESCI 220	Medical Terminology	2	SOC 120	Life in Society	3
MATH 114	Precalculus	4	GEN 201	Jacket Journey	1
Fall 2025			Spring 2026		
16			14		
CHEM 123	Gen Chem I	4	CHEM 124	Gen Chem II	4
CHEM 123 Lab	Gen Chem I Lab	0	CHEM 124 Lab	Gen Chem II Lab	0
ESCI 340	Sport Nutrition	3	ESCI 234	CPR/First Aid	3
ESCI 380	Fitness Testing	3	ESCI 330	Pharmacology	3
PSY 220	Lifespan	3	HPM Gen Ed	Student Choice	3
Open Elective	Student Choice	3	GEN 301	Jacket Journey	1
Fall 2026			Spring 2027		
16			14		
PHYS 210	Physics I	4	PHYS 220	Physics II	4
PHYS 210 Lab	Physics I Lab	0	PHYS 220 Lab	Physics II Lab	0
PSY 280	Abnormal Psychology	3	ESCI 356	Biomechanics/Kinesiology	3
ESCI 355	Exercise Physiology	3	Open Elective	Student Choice	3
ESCI 491	Internship	3	Open Elective	Student Choice	3
Open Elective	Student Choice	3	GEN 401	Jacket Journey	1

- Indicates course required of major
- Indicates General Education Requirement
- Indicates course required of Concentration area