BA in Exercise Science Academic Plan

31 credits are required to complete this degree program.

7.0-7.5 EXSC credits plus 4.0 credits of EXSC major electives are required for this major.

To make good academic progress, take 4 course credits each semester.

Requirements for the EXSC Major are included.

Fill in the remaining credits every semester with <u>Core Requirements</u> (see guidelines below) or general electives.

First Year: FALL	First Year: SPRING
EXSC 140 (0.5 cr.) & EXSC 130 (0.5 cr.)	EXSC 140 (0.5 cr.) & EXSC 130 (0.5 cr.) or
or EXSC 160 (1 cr.)	or EXSC 160 (1 cr.)
	EXSC major elective (1 cr.) see notes
Core Foundations: FYII (1 cr.)	Core Foundations: FYQR 110 (1 cr.) see notes
Core Foundations: ENGL 110 or Comm 101 (1 cr.)	Core Foundations: ENGL 110 or Comm 101 (1 cr.)
Second Year: FALL	Second Year: SPRING
EXSC 280** (1 cr.) or EXSC 251 (1 cr.)	EXSC 280** (1 cr.) or EXSC 251 (1 cr.)
EXSC major elective (1 cr.)	EXSC major elective (1 cr.)
Scientific Inquiry course (1 cr.) see notes	
Junior Year: FALL	Junior Year: SPRING
EXSC 330* (1 cr.) or EXSC 325 (0.5 cr.)	EXSC 330* (1 cr.) or EXSC 325 (0.5 cr.)
EXSC major elective (1 cr.)	EXSC major elective (1 cr.)
Senior Year: FALL	Senior Year: SPRING
EXSC 450* (0.5 or 1 cr.) or EXSC 451 (1 cr.)	EXSC 450* (0.5 or 1 cr.) or EXSC 451 (1 cr.)

^{*} EXSC 280 meets the Identity, Diversity, Equity Core requirement

Key:

Italics = prerequisites exist

* = meets Core Requirement

Additional Notes:

- 1. FYQR 120 or a QR waiver are also acceptable for the FYQR Core Foundations requirement.
- 2. A total of 4 credits of EXSC major electives is required.
- 3. A list of options for EXSC major electives can be found at the Requirements link.
- 4. A Scientific Inquiry should generally be taken by the Fall of the second year to meet pre-requisites for other science courses that may be desired.

Guidelines for Core Requirements:

- Core Foundations area courses to be completed in the first year.
- Core Inquiry area courses recommended to complete one each year.
 - o At least one Inquiry course is offered within the Major requirements.
- Core Engagement area courses recommended to complete one each year.
 - o Check if an Engagement course is offered within the Major requirements.

^{*} EXSC 280 meets the Inquiry in the Social Sciences Core requirement

^{*} EXSC 330 meets the Quantitative Reasoning in Practice Core requirement

^{*} EXSC 450 meets the Community Engagement Core requirement if taken for 1.0 course credits