

Exercise Science B.S.

Academic Map

Physical Education & Human Performance

Effective Year: 2019–2020

Semester 1	Cr.	Min Gr.	Milestone
BIO 111 or BMS 102	3	C-	Note: An SAT score or CCSU Placement Test determines placement in Mathematics and English courses
EXS 109 Introduction to Human Performance	3	C-	
PE 144 Fitness/Wellness Ventures	2		Note: EXS 109 has a lecture and a lab component
General Education course	3		Target cumulative GPA > 2.50
General Education course	3		Target Major GPA > 2.70 (all EXS courses)
Total: 14			

Semester 2	Cr.	Min Gr.	Milestone
CHEM 161 General Chemistry	3	C-	Target cumulative GPA > 2.50
EXS 207 Anatomy & Physiology in Exercise Science I	3	C-	Target Major GPA > 2.70 (all EXS courses)
EXS 211 Anatomy & Physiology in Exercise Science Lab I	1	C-	
EXS 280 Leadership and Group Exercise	3	C-	
PSY 112 Introduction to Psychology	3	C-	
General Education Course	3		
Total: 16			

Semester 3	Cr.	Min Gr.	Milestone
EXS 208 Anatomy & Physiology in Exercise Science II	3	C-	Review Exercise Science Program admission requirements
EXS 212 Anatomy & Physiology Lab II	1	C-	Target cumulative GPA > 2.50
EXS 275 Training for Sport Performance	3	C-	Target Major GPA > 2.70 (all EXS courses)
PHYS 111 Introductory Physics	3	C-	
STAT 104 or STAT 215	3	C-	
General Education Course	3		
Total: 16			

Semester 4	Cr.	Min Gr.	Milestone
EXS 215 Physiological Aspects of the Human Performance of the Aging	3	C-	Note: EXS 216 has a lecture and a lab component
EXS 325 Organization & Management in Ex Science	3	C-	Submit application to the Professional Program by February 10
EXS 301 Applied Kinesiology	3	C-	Target cumulative GPA > 2.50
EXS 307 Human Nutrition	3	C-	Target Major GPA > 2.70 (all EXS courses)
PSY 136 Life Span Development	3	C-	
Total: 15			

You cannot take any Professional Program courses until you have been accepted into the Professional Program for Exercise Science

Semester 5		Cr.	Min Gr.	Milestone
*EXS 408 Physiology of Sport and Exercise	3	C		*Admission to the Professional Program required before taking this course
EXS 417 Prevention & Care	3	C-		
EXS 311 Stress Management & Behavioral Strategies	3	C-		Maintain cumulative GPA > 2.50
EXS 216 Biomechanics	3	C-		Maintain Major GPA > 2.70 (all EXS courses)
General Education course	3			Note EXS 408 has a lecture and a lab component
Total:		15		

Semester 6		Cr.	Min Gr.	Milestone
*EXS 411 Research Methods in Exercise Science	3	C		*Admission to the Professional Program required before taking this course. EXS 415 has an embedded lab
*EXS 415 Fitness Assessment and Exercise Prescription	3	C		
*EXS 416 Graded Exercise Testing	3	C		Apply for Graduation
EXS 376 Theories of Strength Training and Conditioning	3	C-		Apply for Practicum
General Education course	3			Maintain cumulative GPA > 2.50 and Major GPA > 2.70 (all EXS courses)
Total:		15		

Semester 7		Cr.	Min Gr.	Milestone
*EXS 409 Clinical Exercise Physiology	3	C		*Admission to the Professional Program required before taking this course.
*EXS 421 Pharmacology in Sports Medicine	3	C		
*EXS 450 Practicum in Exercise Science	3	C		Apply for Internship
General Education course	3			Maintain cumulative GPA > 2.50 and Major GPA > 2.70 (all EXS courses)
General Education course	3			Note: EXS 450 requires 10 hours/week; 150 hours total and has a seminar component
Total:		15		

Semester 8		Cr.	Min Gr.	Milestone
*EXS 470 Internship in Exercise Science	6	C		*Admission to the Professional Program required before taking this course.
General Education course	3			
Elective	3			Complete ACSM Certified Exercise Physiologist (EP-C) or NSCA Strength and Conditioning Specialist (CSCS) or NASM Certified Personal Training (CPT)
Elective	3			
Total:		15		Maintain cumulative GPA > 2.50 and Major GPA > 2.70 (all EXS courses)
				Note: EXS 470 requires ~25 hours/week; ~375 hours total