

## **Academic Map – 3 Specializations**

### **Health Sciences – Clinical Exercise Physiology – Strength and Conditioning/Personal Fitness Training**

#### **Semester 1**

<u>Health Sciences</u>		<u>Clinical Ex Phys</u>		<u>Strength and Conditioning/Per Fitness Training</u>	
<b>Semester 1</b>	<b>Cr.</b>	<b>Semester 1</b>	<b>Cr.</b>	<b>Semester 1</b>	<b>Cr.</b>
BMS 102 Intro to BMS	3	BMS 102 Intro to BMS3		BMS 102 Intro to BMS	3
BMS 103 BMS Lab	1	BMS 103 BMS Lab	1	BMS 103 BMS Lab (optional)	1
EXS 109 Intro to HP	3	EXS 109 Intro to HP	3	EXS 109 Intro to HP	3
PE 144 Coll Wellness	2	PE 144 Coll Wellness	2	PE 144 Coll Wellness	2
General Ed course	3	General Ed course	3	General Ed course	3
General Ed course	3	General Ed course	3	General Ed course	3
<b>Total: 15</b>		<b>Total: 15</b>		<b>Total: 14-15</b>	

#### **Semester 2**

<u>Health Sciences</u>		<u>Clinical Ex Phys</u>		<u>Strength and Conditioning/Per Fitness Training</u>	
<b>Semester 2</b>	<b>Cr.</b>	<b>Semester 2</b>	<b>Cr.</b>	<b>Semester 2</b>	<b>Cr.</b>
CHEM 161 Gen Chem	3	CHEM 161 Gen Chem	3	CHEM 161 Gen Chem	3
CHEM 162 Chem Lab	1	CHEM 162 Chem Lab	1		
EXS 207 A&P in EXS I	3	EXS 207 A&P in EXS I	3	EXS 207 A&P in EXS I	3
EXS 211 A&P in EXS Lab I	1	EXS 211 A&P Lab I	1	EXS 211 A&P Lab I	1
PSY 112 Intro Psych	3	PSY 112 Intro Psych	3	PSY 112 Intro Psych	3
MATH 116 Pre-Calc Math or MATH 125 Applied Calc	3	EXS 280 Leadership Gen Ed course	3	EXS 280 Leadership Gen Ed course	3
<b>Total: 14</b>		<b>Total: 17</b>		<b>Total: 16</b>	

#### **Semester 3**

<u>Health Sciences</u>		<u>Clinical Ex Phys</u>		<u>Strength and Conditioning/Per Fitness Training</u>	
<b>Semester 3</b>	<b>Cr.</b>	<b>Semester 3</b>	<b>Cr.</b>	<b>Semester 3</b>	<b>Cr.</b>
EXS 208 A&P in EXS II	3	EXS 208 A&P in EXS II	3	EXS 208 A&P in EXS II	3
EXS 212 A&P in EXS Lab II	1	EXS 212 A&P Lab II	1	EXS 212 A&P Lab II	1
EXS 275 Training for Sport	3			EXS 275 Training for Sport	3
PHYS 111 Intro or 121	3/4	PHYS 111 Intro or 121	3/4	PHYS 111 Intro or 121	3/4
STAT 104/200/215	3	STAT 104/200/215	3	STAT 104/200/215	3
CHEM 210 Organic Chem	3	Gen Ed course	3	Gen Ed course	3
CHEM 211 Organic Chem Lab	1	Gen Ed course	3		
<b>Total: 17-18</b>		<b>Total: 16-17</b>		<b>Total: 16-17</b>	

#### **Semester 4**

<u>Health Sciences</u>		<u>Clinical Ex Phys</u>		<u>Strength and Conditioning/Per Fitness Training</u>	
<b>Semester 4</b>	<b>Cr.</b>	<b>Semester 4</b>	<b>Cr.</b>	<b>Semester 4</b>	<b>Cr.</b>
EXS 215 Physio Aging	3	EXS 215 Physio Aging	3	EXS 215 Physio Aging	3
EXS 216 Biomech	3	EXS 216 Biomech	3	EXS 216 Biomech	3
EXS 301 Appl Kines	3	PSY 136 Lifespan Dev	3	PSY 136 Lifespan Dev	3
EXS 307 Nutrition	3	EXS 301 Appl Kines	3	EXS 301 Appl Kines	3
Gen Ed course	3	EXS 307 Nutrition	3	EXS 307 Nutrition	3
Elective (i.e Yoga)	1				
<b>Total: 16</b>		<b>Total: 15</b>		<b>Total: 15</b>	

## Semester 5

### Health Sciences

Semester 5	Cr.
EXS 332 Sport-Exer Psych	3
EXS 417 Prev in Spts Med	3
*EXS 408 Ex Phys	3
PSY 136 Lifespan Dev	3
Gen Ed course	3
<b>Total: 15</b>	

### Clinical Ex Phys

Semester 5	Cr.
EXS 332 Sport-Exer Psych	3
EXS 405 Sport-Exer Nutr	3
EXS 417 Prev Spts Med	3
*EXS 408 Ex Phys	3
Gen Ed course	3
<b>Total: 15</b>	

### Strength and Conditioning/Per Fitness Training

Semester 5	Cr.
EXS 332 Sport-Exer Psych	3
EXS 405 Sport-Exer Nutr	3
EXS 417 Prev Spts Med	3
*EXS 408 Ex Phys	3
Gen Ed course	3
<b>Total: 15</b>	

## Semester 6

### Health Sciences

Semester 6	Cr.
EXS 325 Org and Mgt	3
EXS 411 Research EXS	3
*EXS 415 Asse & Prescr	3
*EXS 416 Graded Ex Test	3
Gen Ed course	3
<b>Total: 15</b>	

### Clinical Ex Phys

Semester 6	Cr.
EXS 325 Org and Mgt	3
EXS 411 Research EXS	3
*EXS 415 Asse & Prescr	3
*EXS 416 Graded Ex Test	3
Gen Ed course	3
<b>Total: 15</b>	

### Strength and Conditioning/Per Fitness Training

Semester 6	Cr.
EXS 325 Org and Mgt	3
EXS 411 Research EXS	3
*EXS 415 Asse & Prescr	3
EXS 376 Theories of Strength Training	3
Gen Ed course	3
<b>Total: 15</b>	

## Semester 7

### Health Sciences

Semester 7	Cr.
*EXS 409 Clin Ex Phys	3
*EXS 421 Pharm	3
*EXS 450 Practicum	3
EXS 240 or 317 Thera Mod	4
General Ed course	3
<b>Total: 16</b>	

### Clinical Ex Phys

Semester 7	Cr.
*EXS 409 Clin Ex Phys	3
*EXS 421 Pharm	3
*EXS 450 Practicum	3
Gen Ed course	3
Gen Ed course	3
<b>Total: 15</b>	

### Strength and Conditioning/Per Fitness Training

Semester 7	Cr.
*EXS 409 Clin Ex Phys	3
*EXS 421 Pharm	3
*EXS 450 Practicum	3
Gen Ed course	3
Gen Ed course	3
<b>Total : 15</b>	

## Semester 8

### Health Sciences

Semester 8	Cr.
*EXS 470 Internship	6
Gen Ed course	3
Gen Ed course	3
<b>Total: 12</b>	

### Clinical Ex Phys

Semester 8	Cr.
*EXS 470 Internship	6
Elective	3
Elective	3
<b>Total: 12</b>	

### Strength and Conditioning/Per Fitness Training

Semester 8	Cr.
*EXS 470 Internship	6
Gen Ed course	3
Elective	3
Elective	2-3
<b>Total: 14-15</b>	

**Total credits: 120-121**

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