

Central Connecticut State University
College of Health and Rehabilitation Sciences

Degree: Bachelor of Science

Program: Exercise Science with Specialization in Strength & Conditioning/Personal Fitness Training

Effective Term: Fall 2025

Name: _____

ID#: _____

General Education: Ways of Understanding:

Arts & Humanities (9 credits)

	Credits	Grade
Literature	3	
	3	
	3	

Social & Behavioral Sciences (12 credits)

	Credits	Grade
History	3	
PSY 112 Introduction to Psychology	X	
PSY 136 Life-Span Development	X	
	3	

Math & Natural Sciences (9-10 credits)

	Credits	Grade
STAT 104 or STAT 200 or STAT 215	X	
CHEM 161 General Chemistry	X	
PHYS 111 Introductory Physics or PHYS 121	X	

General Education: Essential Skills:

Written & Oral Communication (6 credits)

	Credits	Grade
WRT 105 & WRT 105P or WRT 110 Freshman Comp.	3	
	3	

World Language (0-6 credits) or Gen Ed Free Elective (3 credits)

	Credits	Grade
World Language course numbered 112 or 118* or Gen Ed Free Elective.	3	

Thriving in College (2-3 credits)

	Credits	Grade
CCSU 102, CCSU 103, or FYE course** or 3 credit Gen Ed Elective for transfer students with 24 or more transfer credits at the time of admission.	2-3	

International & Equity, Justice, & Inclusion (EJI) Requirements:

	Credits	Grade
International (I) Requirement		
International (I) Requirement		
Equity, Justice & Inclusion Requirement***		

Coursework applied toward International & EJI requirements may be used in any other area of general education or program requirements.

Residency Requirements: A minimum of 30 credits overall must be completed in residence, with at least 15 credits in the major (at least 12 of which must be at the 300 level or above) and 9 credits in a minor at Central. In residence means attending classes conducted on campus or under supervision of Central.

Is a Minor Required with this Major?

Yes No

Exercise Science Major (71 credits)

Core Courses (56 credits)

	Credits	Grade
EXS 109 Introduction to Human Performance	3	
EXS 207 Anatomy & Physiology in Exs Science I	3	
EXS 211 Anatomy & Physiology in Exs Sci I Lab	1	
EXS 208 Anatomy & Physiology in Exs Science II	3	
EXS 212 Anatomy & Physiology in Exs Sci II Lab	1	
EXS 215 Physio & Human Performance of Aging	3	
EXS 216 Biomechanics	3	
EXS 301 Applied Kinesiology	3	
EXS 307 Human Nutrition	3	
EXS 325 Organization & Mgt in Exs Science	3	
EXS 332 Psych Aspects of Exs and Sport Medicine	3	
*EXS 408 Physiology of Sport and Exercise	3	
EXS 411 Research Methods in Exercise Science	3	
*EXS 415 Fitness Assessment & Exs Prescription	3	
*EXS 409 Clinical Exercise Physiology	3	
EXS 417 Prevention and Care in Sports Medicine	3	
*EXS 421 Pharmacology in Sports Medicine	3	
*EXS 450 Practicum in Exercise Science	3	
*EXS 470 Internship in Exercise Science	6	

Strength and Conditioning / Personal Fitness Training Specialization (15 credits)

	Credits	Grade
EXS 275 Training for Sport Performance	3	
EXS 280 Leadership in Exercise & Wellness	3	
EXS 376 Theories of Strength Training & Cond.	3	
EXS 405 Exercise and Sport Nutrition	3	
BMS 102 Intro to Biomolecular Science	3	

* Formal admission to the Exercise Science Program is required before taking this course; Grade of C or better required.

Related Requirements (15-16 credits) Requires a C- or better

	Credits	Grade
PSY 112 Introduction to Psychology	3	
PSY 136 Life-Span Development	3	
CHEM 161 General Chemistry	3	
PHYS 111 Introductory Physics or PHYS 121	3-4	
STAT 104 or STAT 200 or STAT 215	3	

Free Electives: Free Electives may be used, as needed, to reach the total credits required for the degree when all other degree requirements have been met.

	Credits	Grade

Total Credits Required for Degree: 120

* Students with 3 years, or more, of one world language at the high school level, a passing score on a world language placement exam, or native proficiency in a language other than English will have the World Language requirement waived and can satisfy this requirement with any general education free elective course (3cr).

** Transfer students with 24 or more transfer credits at the time of admission can satisfy this requirement with any general education free elective (3cr).

*** Waived for transfer students with 50 or more transfer credits at the time of admission.