

CENTRAL CONNECTICUT STATE UNIVERSITY

School of Education and Professional Studies

B.S. EXERCISE SCIENCE 120 Credits

Program Accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP)

Name: _____ ID#: _____ Matriculation Semester: _____ Date: _____

GENERAL EDUCATION (44 - 47 credits)

Crs.	Grd.
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Some General Education courses may also fulfill Related Requirements

STUDY AREAS

Study Area I Arts & Humanities (9 credits)

ENG literature	3	
	3	
	3	

Study Area II Social Sciences (9 credits)

HIST	3	
	3	
	3	

Study Area III Behavioral Sciences (6 credits)

	3	
	3	

Study Area IV Natural Sciences (6 - 8 credits)

	3	
	3	

SKILL AREAS

Skill Area I Communication Skills (6 credits)

ENG 105 or WRT 110 Freshman Composition	3	
	3	

Skill Area II Mathematics Requirement (6 credits)

	3	
	3	

Skill Area III Foreign Language Proficiency Requirement (check one)

- completion of a level-three high school foreign language	
- passed a standardized foreign language exam	
- completion of 112 or 114 foreign language course	
- successful completion of an upper level foreign language course	
- demonstration of native proficiency in a language other than English	

Skill Area IV University Requirement (2 or 3 credits)

PE 144 required for students matriculating with fewer than 15 credits	2 or 3	
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International Requirement	met	
International Requirement	met	
First Year Experience Requirement	met	

ELECTIVES (as necessary to reach 120 credits)

EXERCISE SCIENCE MAJOR (68 credits)

LECTURE COURSES (62 credits)

EXS 109 Introduction to Human Performance	3	
EXS 207 Anatomy and Physiology in Exercise Science I &	3	
EXS 211 Anatomy and Physiology in Exercise Science I Lab	1	
EXS 208 Anatomy and Physiology in Exercise Science II &	3	
EXS 212 Anatomy and Physiology in Exercise Science II Lab	1	
EXS 215 Physiological and Human Performance of Aging	3	
EXS 216 Biomechanics	3	
EXS 217 Care and Treatment of Athletic Injuries	3	
EXS 301 Applied Kinesiology	3	
EXS 307 Human Nutrition	3	
EXS 311 Stress Management & Behavioral Strategies	3	
EXS 325 Organization and Management in Exercise Science	3	
EXS 376 Theories of Strength Training and Conditioning	3	
*EXS 408 Physiology of Sport and Exercise	3	
*EXS 409 Clinical Exercise Physiology	3	
*EXS 411 Research Methods in Exercise Science	3	
*EXS 415 Fitness Assessment and Exercise Prescription	3	
*EXS 416 Graded Exercise Testing	3	
*EXS 421 Pharmacology in Sports Medicine	3	
*EXS 450 Practicum in Exercise Science	3	
*EXS 470 Internship in Exercise Science	6	

SKILL COURSES (6 credits)

EXS 275 Training for Sport Performance	3	
EXS 280 Leadership and Group Exercise	3	

RELATED REQUIREMENTS (18 - 20 credits)

Required for the Program & can also fulfill General Education

Requires a C- or better

PSY 112 Introduction to Psychology (ST III)	3	
PSY 136 Life Span Development (ST III)	3	
BIO 111 or BMS 111 or BMS 102 or BIO 121 (ST IV)	3 or 4	
CHEM 161 General Chemistry (ST IV)	3	
PHYS 111 Introductory Physics or PHYS 121 (ST IV)	3 or 4	
STAT 104 or STAT 200 or STAT 215 (SK II)	3	

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