

CENTRAL CONNECTICUT STATE UNIVERSITY
School of Education and Professional Studies
B.S. EXERCISE SCIENCE 120 Credits
Specialization: Health Sciences

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)

WRT 105 & 105P 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 higher 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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Equity, Justice & Inclusion (EJI) Requirement	met	
International Requirement	met	
International Requirement	met	
First Year Experience Requirement	met	

ELECTIVES (as necessary to reach 120 credits)

EXERCISE SCIENCE MAJOR (78 credits)

CORE COURSES (56 credits)

EXS 109 Introduction to Human Performance	3	
EXS 207 Anatomy and Physiology in Exercise Science I & EXS 211 Anatomy and Physiology in Exercise Science I Lab	3	
EXS 208 Anatomy and Physiology in Exercise Science II & EXS 212 Anatomy and Physiology in Exercise Science II Lab	3	
	1	
EXS 215 Physiological and Human Performance of Aging	3	
EXS 216 Biomechanics	3	
EXS 301 Applied Kinesiology	3	
EXS 307 Human Nutrition	3	
EXS 325 Organization and Management in Exercise Science	3	
EXS 332 Psychological 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 and Exercise 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	

Health Sciences Specialization (22 credits)

EXS 240 Therapeutic Modalities or EXS 317 Therapeutic Exercise	4	
EXS 275 Training for Sport Performance	3	
*EXS 416 Graded Exercise Testing	3	
BMS 102 & 103 Intro to Biomolecular Science with Lab	4	
CHEM 162 General Chemistry Laboratory	1	
CHEM 210 & 211 Organic Chemistry with Lab	4	
MATH 116 Pre-Calculus or MATH 125 Applied Calculus	3	

RELATED REQUIREMENTS (15-16 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	
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