

EXERCISE AND HEALTH SCIENCE MAJOR

Elective	4
EXHS XXX	0
Hours	16
Total Hours	133

Four Year Plan

Course	Title	Hours
First Year		
Fall		
EXHS 111	Introduction to Exercise and Health Science	4
BIOL 101	Foundations of Biology	4
INTG 100	Foundations	4
Global Language 111		4
INTG 105	College Success	1
Hours		17
Spring		
BIOL 216	Human Physiology	4
Elective		4
Elective		4
Global Language 112		4
Hours		16
Second Year		
Fall		
MATH 124	Probability and Statistical Inference	4
Global Language 211		4
EXHS 211	Exercise Science Laboratory Skills	2
Elective		4
Elective		4
Hours		18
Spring		
EXHS 379A	Research Methods in Exercise and Health Science - Natural World	4
NUTR 125	Concepts of Nutrition Science	4
EXHS 210	Functional Human Anatomy	2
Elective		4
Elective		4
Hours		18
Third Year		
Fall		
Elective		4
Elective		4
Elective		4
Elective		4
Hours		16
Spring		
EXHS 323	Sport in a Diverse Society	4
EXHS 324	Sports and Exercise Psychology	4
Elective		4
Elective		4
Hours		16
Fourth Year		
Fall		
EXHS 308	Exercise Physiology	4
Elective		4
Elective 3XX		4
Elective 3XX		4
Hours		16
Spring		
EXHS 303	Physical Activity Epidemiology	4
EXHS 397	Internship	4
INTG 300	Learning Integrations	4