<table>
<thead>
<tr>
<th>EXERCISE SCIENCE</th>
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<tbody>
<tr>
<td>Bachelor of Arts in Exercise Science (BAES) D13M</td>
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**Catalog Term: Fall 2019**

**Total Credit Hours: 120**

### Freshman

<table>
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<th>FALL</th>
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</table>
| ENGL 101 (3)  
College English I  
P: See Course Catalog | ENGL 102 (3)  
College English II  
P: ENGL 101 with C- or better |
| COMM 111 (3)  
Public Speaking | Fine Arts Intro (3)  
See notes |
| MATH 111 (3)  
College Algebra  
P: See Course Catalog | Humanities Intro (3)  
See notes |
| Humanities Intro (3)  
See notes | Social/Behavioral Sciences Intro (3)  
See notes |
| PSY 111 (3)  
General Psychology | Elective (3) |

*CPR/AED certification required within first semester*

**15 hrs**

### Sophomore

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| Further Study (3)  
See notes | ID 300 (3)  
Design Thinking & Innovation |
| MATH 123 (3)  
College Trigonometry | PHYS 213 (5)  
General College Physics I  
P: MATH 112 or Math 123 |
| HPS 113 (3)  
Intro to Exercise Science | Further Study or Issues & Perspectives (3)  
See notes |
| BIOL 223 or HS 290 (5)  
Human Anatomy & Physiology  
P: CHEM 101, or 103, or 211  
(for BIOL 223 only) | Elective (3) |

**17 hrs**

### Junior

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| HPS 302 (3)  
Admin in Exercise Science | CHEM 211 (5)  
General Chemistry I |
| HPS 328 (3)  
Biomechanics in Human Movement  
P: BIOL 223 or HS 290 | HPS 461 (3)  
Kinesiology  
P: BIOL 223, or HS 290, & HPS 328 |
| HPS 440 (3)  
Prescription of Exercise  
P: BIOL 223 or HS 290 | HPS 470 (3)  
Experiental Practicum in Exercise Science  
P: BIOL 223, or HS 290, & HPS 440 |
| Elective (3) | Elective (3) |
| Elective (3) | Elective (3) |
| Elective (1) | Elective (1) |

**16 hrs**

### Senior

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<th>FALL</th>
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| HPS 490 (3)  
Physiology of Exercise  
P: BIOL 223 or HS 290 | HPS 495 (8)  
Internship in Exercise Science  
P: BIOL 223, or HS 290, HPS 440, & HPS 470 |
| HPS 541 (3)  
Seminar in Strength Training & Condition  
P: Junior standing | HPS 762 (3) or STAT 370 (3)  
Elementary Statistics or Statistical Concepts in HPS |
| Elective (3) | Elective (3) |
| Elective (3) | Elective (3) |
| Elective (2) | Elective (2) |

**17 hrs**

### Notes:
- Fine Arts Intro, Humanities Intro, Social/Behavioral Sciences Intro, Mathematics & Natural Sciences Intro, Further Study and Issues & Perspectives courses must be from an approved list which appears in the Schedule of Courses.
- *HPS 313 Nutrition for Athletes is recommended as an elective.*
- P: Prerequisite

**Last Updated: 02/2019**