

**College of Applied Studies
Bachelor of Arts Degree – Exercise Science
2023**

1st Year

Fall Semester

ENGL 101 College English I	3
PSY 111 General Psychology	3
MATH 111 College Algebra	3
COMM 111 Public Speaking	3
GEN ED FYS First Year Seminar ¹	3

15

Spring Semester

ENGL 102 College English II	3
GEN ED Fine Arts	3
GEN ED Humanities	3
Open Electives	3
Open Electives	3

15

Summer

CPR/AED certification
required with first
semester

Hours 30

2nd Year

Fall Semester

HPS 113 Into Ex. Science	3
MATH 123 College Trig.	3
HS 290/BIO 223 Anat/Phys	5
Open Elective	3
Open Elective	3

17

Spring Semester

HPS 313/HS 331 Ex. & Sport Nutr.	3
PHYS 213/lab Gen. Col. Phys. I	5
ID 300 Design Thinking/Innov.	3
Open Electives	3
Open Electives	1

15

Summer

Optional

Hours 32

3rd Year

Fall Semester

HPS 440 Prescription of Exercise	3
HPS 328 Kinesiology	3
HPS 302 Admin. In Ex. Science	3
Open Electives	4
Open Electives	3

16

Spring Semester

HPS 470 Exp. Fit. Pract. In ExSc	3
CHEM 211 General Chemistry I	5
HPS 461 Biomech. of Hum. Mov.	3
Open Electives	3
Open Electives	3

17

Summer

Optional

Hours 33

4th Year

Fall Semester

HPS 490 Physiology of Exc. w/ lab	3
HPS 541 Sem. Strength/Cond.	3
Stat 370/HPS 762/Psy 301 Stats	3
Open Electives	3
Open Electives	5

17

Spring Semester

HPS 495 Internship in Ex. Sc.	8
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8

Summer

Optional

Hours 25

8
Total Hours: 120

¹ All incoming freshman are required to take one First-Year Seminar as part of their General Education program.