



### Health Sciences Major/EXS Concentration

#### **Recommended Course schedule**

For students placed into WRT 1050 & MTH 0662

	<b>FALL</b>	<b>WINTER</b>	<b>SUMMER</b>
<b>FRESHMAN YEAR I</b> Meet with FYAC  Get Involved!	WRT 1050: Composition I (4) HS 2000: Health in Pers. & Occ. (4) MTH 0662: Intermediate Algebra (4) Art Gen Ed (4) HS 1000: Careers in Health (1)  TOTAL CREDITS (17)	BIO 1200 Biology I (4) WRT 1060: Composition II (4) EXS 2400 Nutrition, Weight Control & Physical Activity (4) STA 2220: Statistics (4)  TOTAL CREDITS (16)	
<b>SOPHOMORE YEAR II</b> Advising in SHS	BIO 2100: Human Anatomy (4) BIO 2101: Anatomy Lab (1) PSY 1000: Intro Psychology (4) HS 3000: Community & Public Hth (4) EXS 1000 Strength Training and Hlth Enhanc (2)  TOTAL CREDITS (15)	BIO 2600 Human Physiology (4) PSY 2500: Research Design (4) Global Perspective Gen Ed (4) EXS 1100 Cardio Fitness Training (2) Approved Elective (4)  TOTAL CREDITS (18)	Approved Electives (4)   TOTAL CREDITS (4)
<b>JUNIOR YEAR III</b> Grad Audit recommended 2 semesters prior to graduation  <i>Preparation of Practicum/Internship</i> Plan time to meet with EXS program director	CHM 1440+1470: General Chem I & Lab (5) PSY 3440 Behavior Analysis (4) Literature Gen Ed (4) EXS 3010 Exercise Physiology (3) EXS 3015 Exercise Physiology Lab (1)  TOTAL CREDITS (17)	CHM 1450+1480: General Chem II & Lab (5) EXS 3020 Human Motion Analysis (4) EXS 2700 First Aid & CPR (2) HS 4410 Integrative Holistic Medicine (4) Approved EXS Elective (2)  TOTAL CREDITS (17)	
<b>SENIOR YEAR IV</b> Apply through MySAIL to graduate by deadline	PHY 1010+1100: General Physics I & Lab (5) EXS 4960 Practicum in EXS (5) Western Civilization Gen Ed (4) Approved EXS Elective (2)  TOTAL CREDITS (16)	PHY 1020+1110: General Physics II & Lab (5) HS 4500: Law, Values, Hlth Care (4) Foreign Language Gen Ed (4) Approved Elective (4)  TOTAL CREDITS (17)	
		<b>TOTAL CREDITS FOR DEGREE 128</b> (MTH 0662 and WRT 1050 not included)	

**Approved Electives:** Min. of 16 credits of which at least 6 must be at 3000-4000 level & 4 from EXS courses (excluding EXS required courses). Plan may vary by year