



4-Year Suggested Academic Plan for the *Health Sciences major with a Concentration in Exercise Science.*

For students placed into WRT 150 & MTH 062

For students placed into WRT 150 & MTH 062	FALL Semester	WINTER Semester	SUMMER Semester
FRESHMAN YEAR I Meet with First Year Advising Center <i>Get Involved! Join the Exercise Science Club of OU</i>	WRT 150: Composition I (4) HS 201: Health in Pers. & Occ. (4) Art Gen Ed (4) MTH 062: Intermediate Algebra (4) HS 101: Careers in Health (1) (17)	BIO 111: Biology I (4) WRT 160: Composition II (4) EXS 204: Nutrition, Weight Control & Phys Act (4) STA 225: Statistics (4) (16)	
SOPHOMORE YEAR II One-on-one Degree Planning meeting with SHS Academic Adviser.	BIO 205: Human Anatomy (4) BIO 206: Anatomy Lab (1) PSY 100: Intro Psychology (4) HS 302: Community & Public Hth (4) EXS 103: Strength Training & Hlth Enhan (2) (15)	BIO 207: Human Physiology (4) PSY 250: Research Design (4) Global Perspective General Ed (4) EXS 105: Cardio Fitness Training (2) Approved Elective (2) (16)	Approved Electives (4) (4)
JUNIOR YEAR III Recommended Graduation Audit 2 semesters prior to graduation. <i>Preparation of Internship</i> Plan time to meet with EXS program director.	CHM 144+147: General Chem I & Lab (5) PSY 344: Behavior Analysis (4) Literature General Ed (4) EXS 304: Exercise Physiology (3) EXS 306: Exercise Physio Lab (1) (17)	CHM 145+148: General Chem II & Lab (5) EXS 350: Human Motion Anal. (4) EXS 207: First Aid & CPR (2) HS 441: Integrative Holistic Med (4) Approved Electives (3) (18)	
SENIOR YEAR IV Attend Career Fair and schedule mock interview with Career Services. Apply online to graduate by deadline.	PHY 101+110: General Physics I & Lab (5) EXS 401: Practicum in EXS (5) Western Civilization Gen Ed (4) Approved Elective (2) (16)	PHY 102+111: General Physics II & Lab (5) HS 450: Law, Values, Hlth Care (4) Foreign Language Gen Ed (4) Approved Elective (4) (17)	
TOTAL CREDITS FOR DEGREE: 128 (MTH 062 & WRT 150 not included)			

PLEASE NOTE: May vary by catalog year.

APPROVED ELECTIVES: Minimum of 16 credits, of which at least 6 credits at 300-400 level and at least 4 credits must be chosen from EXS courses (excluding required EXS courses). (*HS 101 counts as 1 credit of approved electives, listed above in Year I*)