

# FOUR-YEAR PLAN

Health Science—Exercise Science Emphasis, B.S.

15 to Finish



## Semester 1

| Course  | Credits   | Grade | ✓                        |
|---|-----------|-------|--------------------------|
| ENGL 101: Composition & Rhetoric I              | 3         | C*    | <input type="checkbox"/> |
| AT 242/243: Prevention and Care Common Injuries | 3         |       | <input type="checkbox"/> |
| BIOL 121/L: Foundations of Biology I w/ Lab     | 4         |       | <input type="checkbox"/> |
| HS 101: Introduction to Health Sciences         | 3         |       | <input type="checkbox"/> |
| General Education Course                        | 3         |       | <input type="checkbox"/> |
| UNIV 100: CU Foundations                        | 1         |       | <input type="checkbox"/> |
|   | <b>17</b> |       |                          |

## Semester 2

| Course                              | Credits   | Grade | ✓                        |
|-------------------------------------|-----------|-------|--------------------------|
| ENGL 102: Composition & Rhetoric II | 3         | C*    | <input type="checkbox"/> |
| HED 120: Personal Health            | 3         |       | <input type="checkbox"/> |
| MATH 105: Elementary Statistics     | 3         |       | <input type="checkbox"/> |
| P ED 118: Individual Sports         | 3         |       | <input type="checkbox"/> |
| PSY 101: General Psychology         | 3         | C     | <input type="checkbox"/> |
|                                     | <b>15</b> |       |                          |

## Semester 3

| Course                        | Credits   | Grade | ✓                        |
|-------------------------------|-----------|-------|--------------------------|
| BIOL 249: Medical Terminology | 3         |       | <input type="checkbox"/> |
| HED 305: Human Disease        | 2         |       | <input type="checkbox"/> |
| PED 117: Team Sports          | 3         |       | <input type="checkbox"/> |
| PSY 229: Health Psychology    | 3         | C     | <input type="checkbox"/> |
| General Education Course      | 3         |       | <input type="checkbox"/> |
|                               | <b>14</b> |       |                          |

## Semester 4

| Course   | Credits      | Grade | ✓                        |
|--|--------------|-------|--------------------------|
| EXSS 202: Foundations of sport                         | 3            |       | <input type="checkbox"/> |
| EXSS 315: Kinesiology and Biomechanics                 | 3            |       | <input type="checkbox"/> |
| HED 304: Principles of Nutrition and Weight Management | 2            |       | <input type="checkbox"/> |
| HS 201: Emergency Care                                 | 1            |       | <input type="checkbox"/> |
| General Education Course                               | 3-4          |       | <input type="checkbox"/> |
| General Education Course                               | 3            |       | <input type="checkbox"/> |
|  | <b>15-16</b> |       |                          |



The **Bachelor of Science in Health Sciences—Exercise Science** degree prepares students for entry into careers related to

sport, exercise, and fitness. Students are presented with the classroom knowledge, hands-on skills, and practical experiences to assist them in achieving satisfying careers and making positive contributions to their profession and communities.



### MILESTONE COURSES

Courses marked as Milestone Courses are crucial for staying on

track to complete your degree in four years. Take them in the recommended semester to stay on track! If you see a recommended minimum grade, this is the grade you need to earn to have the best chance for success in this degree!

Grades marked with an asterisk are required to pass.



### LANDMARKS

Points where you see a landmark icon on the four-year plan indicate you have reached a point of action outside regular coursework! See the Helpful Hints for information on each landmark.

### Helpful Hints

- Semester 1—Must have a composite ACT score of 18 or above to take BIOL 121. Otherwise, you will take BIOL 101: Biology: Human Body.
- Semester 4 Landmark—By the end of semester 4 it is recommend that students start reviewing prospective (if applicable) graduate programs and the admission criteria those programs.

## Semester 5

| Course  | Credits | Grade | ✓                        |
|---|---------|-------|--------------------------|
| BIOL 335/L: Anatomy & Physiology I (with Lab) | 4       |       | <input type="checkbox"/> |
| EXSS 329: Motor Learning & Development        | 2       |       | <input type="checkbox"/> |
| HS 301: Public Health Epidemiology            | 3       | C     | <input type="checkbox"/> |
| SOC 101: Intro to Sociology                   | 3       |       | <input type="checkbox"/> |
| General Education Course                      | 3       |       | <input type="checkbox"/> |
| <b>15</b>                                     |         |       |                          |

## Semester 6

| Course   | Credits | Grade | ✓                        |
|--|---------|-------|--------------------------|
| BIOL 336/L: Anatomy & Physiology II (with Lab) | 4       | C     | <input type="checkbox"/> |
| PSY 370: Physiological Psychology with Lab     | 4       | C     | <input type="checkbox"/> |
| General Education Course                       | 3       |       | <input type="checkbox"/> |
| Elective/Minor                                 | 3       |       | <input type="checkbox"/> |
| <b>15</b>                                      |         |       |                          |

## Semester 7

| Course                                       | Credits | Grade | ✓                        |
|--|---------|-------|--------------------------|
| EXSS 314L: Exercise Testing and Prescription | 1       |       | <input type="checkbox"/> |
| EXSS 314: Exercise Physiology                | 3       |       | <input type="checkbox"/> |
| HS 401: Research in the Health Sciences I    | 2       |       | <input type="checkbox"/> |
| Elective/Minor                               | 3       |       | <input type="checkbox"/> |
| Elective/Minor                               | 3       |       | <input type="checkbox"/> |
| Elective/Minor                               | 3       |       | <input type="checkbox"/> |
| <b>15</b>                                    |         |       |                          |

## Semester 8

| Course   | Credits | Grade | ✓                        |
|--|---------|-------|--------------------------|
| EXSS 405/L Therapeutic Rehabilitation and Exercise I | 4       |       | <input type="checkbox"/> |
| EXSS 410: Strength & Conditioning                    | 3       |       | <input type="checkbox"/> |
| HED 415: Community Health                            | 2       |       | <input type="checkbox"/> |
| HS 402: Research in the Health Sciences II           | 2       |       | <input type="checkbox"/> |
| Elective/Minor                                       | 3       |       | <input type="checkbox"/> |
| <b>14</b>  |         |       |                          |

### ADVISING

When you choose to pursue this degree, you will be assigned an advisor who is an expert in the field of Health Sciences. This advisor can help you with course selection, career planning, resume building, and help you with tracking your path to degree completion.

### CAREERS

Exercise Specialists  
 Exercise Scientist  
 Coach  
 Fitness  
 Sport

### STUDENT ORGANIZATIONS

Majors Club

### COMPLEMENTARY MINORS

Health Promotion  
 Sports Medicine

### Helpful Hints

- Semester 7 Landmark—By the end of semester 7, students should take the GRE for the first time (if applicable) if interested in graduate studies.

