



Semester 1

Course	Credits	Grade	✓
ENGL 101: Composition & Rhetoric I	3	C	
HS 111/112: Prevention and Acute Care of Athletic and Common Injuries & Illnesses	3		
BIOL 121 or 101/L: Foundations of Biology I w/ Lab	4		
HS 101: Introduction to Health Sciences	3		
UNIV 100: CU Foundations	1		
13			

Semester 2

Course	Credits	Grade	✓
ENGL 102: Composition & Rhetoric II	3	C	
General Education Course	3		
General Education Course	3		
P ED 118: Individual Sports	3		
PSY 101: General Psychology	3	C	
15			

Semester 3

Course	Credits	Grade	✓
BIOL 249: Medical Terminology	3		
HS 305: Human Disease & Prevention	2		
HS 120: Personal Health	3		
PSY 229: Health Psychology	3	C	
EXSS 201: Functional Anatomy	3		
14			

Semester 4

Course	Credits	Grade	✓
EXSS 202: Foundations of sport	3		
EXSS 315: Kinesiology and Biomechanics	3		
HS 304: Principles of Nutrition and Weight Management	2		
HS 201: Emergency Care	1		
General Education Course	3-4		
General Education Course	3		
15-16			



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		
EXSS 329: Motor Learning & Development	2		
HS 301: Public Health Epidemiology	3	C	
SOC 101: Intro to Sociology	3		
General Education Course	3		
15			

Semester 6

Course	Credits	Grade	✓
BIOL 336/L: Anatomy & Physiology II (with Lab)	4	C	
PSY 377: Physiological Psychology with Lab	4	C	
General Education Course	3		
Elective/Minor	2-3		
P ED 320	3		
17			

Semester 7



Course	Credits	Grade	✓
EXSS 314/L: Exercise Physiology, Tests & Prescriptions	4		
HS 401: Research in the Health Sciences I	2		
EXSS 316: Anatomy for Health Care & Orthopedics	3		
EXSS 410: Strength & Conditioning	3		
Elective/Minor	3		
15			

Semester 8

Course	Credits	Grade	✓
P ED 117: Team Sports	3		
HS 415: Community Health & Health Promotion	2		
HS 402: Research in the Health Sciences II	2		
Elective/Minor	3		
General Education Course	3		
General Education Course	3		
16			

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

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.

