



Exercise Science Major
Bachelor of Science Curriculum Plan
44-50 Hours

Student

ID#

Advisor

Science Core (14-15 Hours)

	Required Course	Hours	Transfer/Substitution/Notes	Final Grade
	BIOL 101: Human Biology or BIOL 109: Elements of Biology	3		
	BIOL 330: Vertebrate Anatomy and Histology	4		
	BIOL 331: Human Physiology	4		
	CHEM 230: General Organic and Biochemistry or CHEM 121: General Chemistry I	3-4		

Exercise Science Core (27-30 Hours)

	Required Course	Hours	Transfer/Substitution/Notes	Final Grade
	HMPF 441: Exercise Assessment and Prescription	3		
	PHED 241: History/Philosophy of Physical Education	3		
	PHED 340: Motor Development	3		
	PHED 351: Tests and Measurements in Health and PE	3		
	PHED 361: Organization and Admin: Physical Education	3		
	PHED 410: Exercise Physiology	3		
	PHED 421: Kinesiology	3		
	EXSC 485: Exercise Science Internship	3-6		
	WELL 131: First Aid and Safety Education	3		

Service Courses (3-5 Hours)

	Course	Hours	Transfer/Substitution/Notes	Final Grade
	PHED _____	1-3		
	PHED _____	1-3		
	PHED _____	1-3		

Note: Exercise Science majors are allowed to count only three service courses toward the major. If more are taken, the first three count in the GPA for the major. Up to eight semester hours of service courses may be credited toward graduation.

Exercise Science Freshmen Year

Course	Hrs	Course	Hrs
ENGL 111 or 100 – Freshmen Comp I	3	ENGL 112 – Freshmen Comp II	3
HIST 110, 113, or 213	3	GNST 105 – Igniting Higher Order Think	3
Social/Behavioral Science core	3	Math core	3
BIOL 101 – Human Biology or BIOL 109 – Elements of Biology	3	BIOL 330 – Vertebrate Anatomy and Histology	4
Elective course	3	WELL 131 – First Aid & Safety	3
UCE 101 – Union College Experience	1	UCE 102 – Union College Experience	1
Total Hours	16	Total Hours	17

Sophomore Year

Course	Hrs	Course	Hrs
Fine Arts core	3	History core	3
CHEM 230 – Gen. Organic and Biochem or CHEM 121 – General Chem I w/lab	3-4	Literature core	3
Social/Behavioral Science core	3	BIOL 331 – Human Physiology	4
PHED 241 – History/Philosophy of PE	3	PHED 340 – Motor Development	3
Elective course	3	Elective course	3
PHED 1__	1	PHED 1__	1
Total Hours	16-17	Total Hours	17

Junior Year

Course	Hrs	Course	Hrs
PHED 351 – Tests & Measurements	3	PHED 361 – Organ & Admin: PE	3
PHED 421 – Kinesiology	3	PHED 1__	1
Elective courses	9	Elective courses	12
Total Hours	15	Total Hours	16

Senior Year

Course	Hrs	Course	Hrs
PHED 410 – Exercise Physiology	3	HMPF 441 – Exercise Assessment & Prescription	3
Elective courses	9	EXSC 485 – Exercise Science Internship	3-6
		Elective courses	3
Total Hours	12	Total Hours	12

EXSC 181 – Introduction to Kinesiology is recommended as an elective course during the freshmen year.

This major has 29-32 300+ hours – you will need an additional 7-10 hours of 300+ hours for graduation

The Elective course blocks can be used to pick up another major or minor. Minors which complement Exercise Science well are Business Management or Psychology. The plan for the 3+2 Bachelor's Degree in Exercise Science and Master's in Athletic Training are on another button.

EXSC 485 can be taken in the summer before the senior year in order to have more opportunities for internships.