**Exercise & Sport Science**2019-2021 Undergraduate Catalog

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Semester 1 - Fall** | | | | |
| *Note: Courses checked in the major column require a grade of C or better.* | Credits | Major | Other | GEP |
| BIOL 149 – General Biology | 4 | X |  | C |
| ENGL 101 – First-Year Composition | 3 |  |  | CS1 |
| EXSS 103 – Foundations of EXSS | 3 | X |  |  |
| EXSS 175 – Found. Resistance Training | 1 | X |  |  |
| IDIS 150 – First-Year FSU Colloquia | 3 |  |  | E |
| ORIE 101 – Intro. to Higher Education | 1 |  | X |  |
| **Semester Total** | 15 |  | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Semester 3 - Fall** | | | | |
| \*Fall Only  *Note: Courses checked in the major column require a grade of C or better.* | Credits | Major | Other | GEP |
| BIOL 321\* - Anatomy & Physiology I | 4 | X |  |  |
| EXSS 200 – Nutrition | 3 | X |  | C |
| GEP Fine & Performing Arts | 3 |  |  | A |
| GEP Humanities | 3 |  |  | B |
| Program Elective | 3 | X |  |  |
|  |  |  |  |  |
| **Semester Total** | 16 |  | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Semester 5 - Fall** | | | | |
| *Note: Courses checked in the major column require a grade of C or better.* | Credits | Major | Other | GEP |
| ENGL 3xx – Advanced Writing | 3 |  |  | CS2 |
| EXSS 303 – Biomechanics | 3 | X |  |  |
| EXSS 341 – Psych of Physical Activity | 3 | X |  |  |
| GEP Identity & Difference | 3 |  |  | F |
| Program Elective | 3 | X |  |  |
|  |  |  |  |  |
| **Semester Total** | 15 |  | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Semester 7 - Fall** | | | | |
| *Note: Courses checked in the major column require a grade of C or better.* | Credits | Major | Other | GEP |
| EXSS 410 – Advanced Strength Training | 3 | X |  |  |
| EXSS 411 – Evaluation & Prescription | 3 | X |  |  |
| EXSS 482 – Field Experience | 3 | X |  |  |
| Technology Fluency Course | 3 |  | TF |  |
| General Elective | 3 |  | X |  |
|  |  |  |  |  |
| **Semester Total** | 15 |  | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Semester 2 - Spring** | | | | |
| *Note: Courses checked in the major column require a grade of C or better.* | Credits | Major | Other | GEP |
| EXSS 115 – Group Exercise Instruction | 3 | X |  |  |
| MATH 109 – Probability & Statistics | 3 | X |  | CS3 |
| PSYC 150 – General Psychology | 3 | X |  | D |
| GEP Humanities | 3 |  |  | B |
| Program Elective | 4 | X |  |  |
|  |  |  |  |  |
| **Semester Total** | 16 |  | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Semester 4 - Spring** | | | | |
| \*\*Spring Only  *Note: Courses checked in the major column require a grade of C or better..* | Credits | Major | Other | GEP |
| BIOL 322\*\* - Anatomy & Physiology II | 4 | X |  |  |
| EXSS 305 – Care & Prevention | 3 | X |  |  |
| EXSS 315 – Nutrition Physically Active | 3 | X |  |  |
| GEP Social Science | 3 |  |  | D |
| Program Elective | 3 | X |  |  |
|  |  |  |  |  |
| **Semester Total** | 16 |  | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Semester 6 - Spring** | | | | |
| *Note: Courses checked in the major column require a grade of C or better.* | Credits | Major | Other | GEP |
| EXSS 306 – Organization & Admin | 3 | X |  |  |
| EXSS 401 – Physiology of Exercise | 3 | X |  |  |
| EXSS 435 – Lifespan Health & Fitness | 3 | X |  |  |
| FSU Colloquia II | 3 |  |  | E |
| Program Elective | 3 | X |  |  |
|  |  |  |  |  |
| **Semester Total** | 15 |  | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Semester 8 - Spring** | | | | |
| *Note: Courses checked in the major column require a grade of C or better.* | Credits | Major | Other | GEP |
| EXSS 492 – Seminar in Health Fitness | 3 | X |  |  |
| EXSS 495 – Internship in Health Fitness | 9 | X |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| **Semester Total** | 12 |  | | |

**Updated by/date:** Dr. Hunter Brakeall, Kinesiology, 5/19/18 **Total Credits:** 120