The information regarding course offerings includes suggestions on how to progress through a possible major beginning with the first semester. Please understand that majors and course offerings can be dynamic due to curriculum changes and other variances. Although this information attempts to provide a sample plan of study, please review the information found within the General Catalog and visit with your academic advisor to discuss current offerings.

### EXERCISE SCIENCE

<table>
<thead>
<tr>
<th>Semester</th>
<th>Courses</th>
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<tr>
<td><strong>FALL</strong></td>
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</table>
| **First Year** | SPSC 240 – Kinesiology  
NASC 107 – Nutrition  
SPSC 160 (previously 201) – Basic Athletic Training |
| **Second Year** | SPSC 245 – Principles of Exercise Science (Fall only)  
SPSC 340 – Exercise Testing and Prescription  
SPSC 256 – Health Promotion, Education and Behavior (Spring only)  
SPSC 239 – Exercise Testing and Prescription for Special Populations (May Term only) |
| **Third Year** | SPSC 310 – Exercise Physiology (IL) (Fall only)  
SPSC 251 – Personal Health (IL, CL) (Spring only)  
SPSC 319 – Internship  
**SPSC 290 – Career Services workshop series at least one semester Prior to completing SPSC 319 internship** |
| **Fourth Year** | SPSC 385 – Capstone internship or research (WC, IL)  
**SPSC 385 is either second internship or individual research project. If student chooses research option, SPSC 375, Research Methods, must be taken prior** |