ANDERSON UNIVERSITY

Academic Advising

Exercise Science Major (49 credit hours) **2018-2019**

Major Requirements:

- BIOL 2410, Human Anatomy and Physiology I, 4 credit hours
- BIOL 2420, Human Anatomy and Physiology II, 4 credit hours
- CHEM 1000, Intro to Chemistry, 4 credit hours
- EXSC 1360, Introduction to Exercise Science, 2 credit hours
- EXSC 2440, Stress Management, 2 credit hours
- EXSC 2455, Exercise Leadership, 3 credit hour
- EXSC 2580, Sports Nutrition, 3 credit hours
- EXSC 3470, Exercise Physiology, 4 credit hours
- EXSC 3520, Kinesiology, 3 credit hours
- EXSC 4010, Advanced Resistance Training/Conditioning, 3 credit hours
- EXSC 4150, Exercise Testing & Prescription, 4 credit hours
- EXSC 4160, Clinical Experience in Exercise Testing and Prescription, 1 credit hour
- EXSC 4800, Internship in Exercise Science, 2-4 credit hours (arranged)
- EXSC 4920, Seminar in Exercise Science, 2 credit hours
- PEHS 1450, First Aid, 2 credit hours
- PEHS 2100, Health Concepts I, 2 credit hours
- PSYC 2000, General Psychology, 3 credit hours

Proposed course sequence:

Freshman:	PEHS 1450; CHEM 1000, EXSC 1360, PEHS 2100
Sophomore:	BIOL 2410, EXSC 2440, 2455; BIOL 2420, EXSC 2580, PSYC 2000
Junior:	EXSC 3470; EXSC 3520, 4010, 4150
Summer:	EXSC 4800
Senior:	EXSC 4160, 4920

- CHEM 1000, Intro to Chemistry, is a Scientific Ways of Knowing course in the Liberal Arts Program.
- EXSC 4920, Seminar in Exercise Science, is both a Writing and Speaking Intensive course in the Liberal Arts Program.
- PSYC 2000, General Psychology, is a Social & Behavioral Ways of Knowing course in the Liberal Arts Program.

Pre-professional Exercise Science Majors are advised to take the following additional courses:

- BIOL 2010, Medical Terminology I, 2 credit hours
- BIOL 2210, Foundations of Modern Biology I, 4 credit hours
- BIOL 2220, Foundations of Modern Biology II, 4 credit hours

4 credit hours from:

- CHEM 2110, General Chemistry I, 4 credit hours
- CHEM 2120, General Chemistry II, 4 credit hours

20 credit hours from:

- PHYS 2140, General Physics I, 4 credit hours
- PHYS 2150, General Physics II, 4 credit hours
- PSYC 2510, Developmental Psychology, 4 credit hours
- PSYC 3120, Abnormal Psychology, 4 credit hours

4 credit hours from:

- MATH 2120, Introduction to Statistics with Application, 4 credit hours
- PSYC 2440, Applied Statistics and Introduction to Research, 4 credit hours

Questions? Please contact the Department of Kinesiology.

ANDERSON UNIVERSITY

Academic Advising

Exercise Science Major Suggested Course Sequence 2018-2019

SEMESTER 1		SEMESTER 2	
PEHS 1450	2 Hours	CHEM 1000	4 Hours
ENGL 1100/ENGL 1110	3-4 Hours	EXSC 1360	2 Hours
LART 1050	1 Hour	PEHS 2100	2 Hours
Personal Wellness	2 Hours	ENGL 1120	3 Hours
Civic Ways of Knowing	3 Hours	LART 1100	2 Hours
COMM 1000	3 Hours	Elective	3 Hours

SEMESTER 3		SEMESTER 4	
BIOL 2410	4 Hours	BIOL 2420	4 Hours
EXSC 2440	2 Hours	EXSC 2580	3 Hours
EXSC 2455	3 Hour	PSYC 2000	3 Hours
Foreign Language	4 Hours	Quantitative Reasoning	3 Hours
BIBL 2000	3 Hours	Elective	3 Hours

SEMESTER 5		SEMESTER 6	
EXSC 3470	4 Hours	EXSC 3520	3 Hours
Aesthetic Ways of Knowing	3 Hours	EXSC 4010	3 Hours
Christian Ways of Knowing	3 Hours	EXSC 4150	4 Hours
Elective	3 Hours	Elective	3 Hours

*Summer: EXSC 4800, 2-4 Hours

SEMESTER 7		SEMESTER 8	
EXSC 4160	1 Hour	Writing Intensive	3 Hours
EXSC 4920 (WI & SP)	2 Hours	Elective	3 Hours
Global/Intercultural	3 Hours	Elective	3 Hours
Elective	3 Hours	Elective	3 Hours
Elective	3 Hours		

The Exercise Science major provides a mixture of laboratory courses and practical experiences preparing students to understand and apply scientific principles to human movement. Students prepare for careers in fitness training, wellness, adult fitness/cardiac rehab, strength and conditioning of athletes, clinical exercise physiology, and scientific research. Students are required to perform a minimum of 120 hours of practical experience through leadership in campus-based exercise and human performance testing, and an off-campus internship.

Questions? Please contact the Department of Kinesiology.