

Exercise Science Major 2020-21
BACHELOR OF SCIENCE (BS)
Pre-AT Concentration

SEMESTER 1 (Fall)	CREDITS	SEMESTER 2 (Spring)	CREDITS
XS130 Introduction to Exercise Science	2	BI131 Human Nutrition	4
CH230 Chemistry I	4	BI203 Human Biology	4
ID120 First Year Seminar	1	MT107 Intermediate Algebra	4
EN101 Writing II	4	HP100 Personal Wellness	2
Elective (G)	4		
XS2xx Field Exp. In Ex. Science	2		
TOTAL CREDITS:	17	TOTAL CREDITS:	14

SEMESTER 3 (Fall)	CREDITS	SEMESTER 4 (Spring)	CREDITS
HS344 Human Anatomy	4	HS345 Human Physiology	4
Elective	4	AT340 Kinesiology	4
XS360 Biomechanics	2	PY130 Intro to Psychology	4
Elective (H, G)	4	Elective (W)	4
		SM130 First Aid and CPR	1
TOTAL CREDITS:	14	TOTAL CREDITS:	17

SEMESTER 5 (Fall)	CREDITS	SEMESTER 6 (Spring)	CREDITS
AT355 Physiology of Exercise	4	XS365 Exercise Test & Presc	4
XS232 Ex Sci Sem: Prof. Org & Dev	1	Elective	4
MT131 Introduction to Statistics	4	Elective (H)	4
PH230 Fundamentals of Physics I	4	Elective (SS)	4
MT111 Trigonometry	2	XS332 Ex Sci Sem: Ethics	1
TOTAL CREDITS:	15	TOTAL CREDITS:	17

SEMESTER 7 (Fall)	CREDITS	SEMESTER 8 (Spring)	CREDITS
XS432 Ex Sci Sem: Prof Best Practices	1	XS4xx Field Experience in Exercise Sci.	4
XS496 Ex Sci Thesis (W)	4	XS363 Strength & Fitness Prog	2
Elective (FA)	4	GL320 Senior Global	4
Elective	4	Elective (FA)	4
Elective	4		
TOTAL CREDITS:	17	TOTAL CREDITS:	14

NOTE: These plans are provided as a tool for general advising purposes. Students are still responsible for monitoring their progress towards graduation with their advisor. General Education courses can be adjusted to fit student needs.

VIEW THE FULL COURSE CATALOG AT WWW.WILMINGTON.EDU/CATALOG.