

SEMESTER 1 (Fall)	CREDITS	SEMESTER 2 (Spring)	CREDITS
XS130: Intro to Exercise Science	2	SM130: First Aid & CPR	1
BI203: Human Biology	4	Social Science	4
ID120: FYE	1	Fine Arts	4
ENG 101: Writing	4	BI131: Human Nutrition	4
Math 106 or Higher	4	BI231: Biological Sciences II	4
TOTAL CREDITS:	15	TOTAL CREDITS:	17

YEAR ONE NOTES:

- **BI231 is not required for the major, but is recommended for students planning on attending Physical Therapy school after graduation.**
- **XS130 should be taken in either Semester 1 or 2**
- **BI203 should be taken in either Semester 1 or 2**

SEMESTER 3 (Fall)	CREDITS	SEMESTER 4 (Spring)	CREDITS
XS232: Seminar: Prof Org. & Dev.	1	AT340 Kinesiology	4
HS344: Human Anatomy	4	XS Elective	4
Humanities (W)	4	HS345: Human Physiology	4
CH230: Chemistry I	4	MT109: Intermediate Algebra	4
XS285: Field Experience in XS	2		
TOTAL CREDITS:	15	TOTAL CREDITS:	16

YEAR TWO NOTES:

- **MT109 is a prerequisite for Physics, which may be necessary for Physical Therapy school**
- **HS344 should be taken during Semester 3 to ensure AT340 and HS345 is taken during Semester 4**

SEMESTER 5 (Fall)	CREDITS	SEMESTER 6 (Spring)	CREDITS
AT355: Physiology of Exercise	4	XS332: Seminar: Ethics	1
XS360: Biomechanics	2	XS365: Exercise Testing & Prescription	4
PH230: Physics I	4	XS367: Ignition Certification	2
Social Science	4	Fine Arts	4
		Global Awareness (G) Course	4
TOTAL CREDITS:	14	TOTAL CREDITS:	15

YEAR THREE NOTES:

- **PH230 is not required for the major, but is likely required for Physical Therapy school (in addition to PH231: Physics II). Students should be aware of the required prerequisites for Graduate Schools they are planning to apply to ensure prerequisites will be met at the undergraduate level**
- **XS367 is not required for the Allied Health Concentration but can be used as an XS Elective**

SEMESTER 7 (Fall)	CREDITS	SEMESTER 8 (Spring)	CREDITS
GL320: Senior Global	4	XS432: Professional Best Practices	1
XS496: Senior Exercise Science Thesis (W)	4	XS485: Field Experience in XS	2
Elective	4	Humanities (G)	4
		HS231: Medical Terminology	4
TOTAL CREDITS:	12	TOTAL CREDITS:	11

YEAR FOUR NOTES:

- **HS231 is not required for Allied Health. However, it is generally required (or recommended) for a prerequisite for Physical Therapy/Occupational Therapy or other Allied Health Fields.**

Overall Notes:

- **124 Total Credits needed (40 Credits total of 300 or 400 Level & no more than 66 from Sport Science)**
 - **Total credits above equal 115. Therefore, there is space to allow for additional courses for prerequisites for Graduate/Professional Schools.**
- **Students should be aware of prerequisites needed for Graduate School and plan accordingly.**