

| SEMESTER 1 (Fall) | CREDITS | SEMESTER 2 (Spring) | CREDITS |
|----------------------------------|---------|------------------------|---------|
| XS130: Intro to Exercise Science | 2 | SM130: First Aid & CPR | 1 |
| BI131: Human Nutrition | 4 | Social Science | 4 |
| ID120: FYE | 1 | BI203: Human Biology | 4 |
| ENG 101: Writing | 4 | Math 106 or Higher | 4 |
| Humanities | 4 | | |
| TOTAL CREDITS: | 15 | TOTAL CREDITS: | 13 |

YEAR ONE NOTES:

- **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 |
| SM230: Intro to Sport Management | 4 | Fine Arts | 4 |
| XS285: Field Experience in XS | 2 | | |
| TOTAL CREDITS: | 15 | TOTAL CREDITS: | 16 |

YEAR TWO NOTES:

- **HS345 is not required for the major, but is recommended**

| SEMESTER 5 (Fall) | CREDITS | SEMESTER 6 (Spring) | CREDITS |
|-------------------------------|---------|--|---------|
| AT355: Physiology of Exercise | 4 | XS363: Strength & Fitness Programming | 2 |
| XS360: Biomechanics | 2 | XS365: Exercise Testing & Prescription | 4 |
| CH230: Chemistry I | 4 | XS367: Ignition Certification | 2 |
| Social Science | 4 | XS Elective | 4 |
| TOTAL CREDITS: | 14 | TOTAL CREDITS: | 12 |

YEAR THREE NOTES:

- **XS367 is not required for the Sport Performance Concentration but can be used as an XS Elective**

| SEMESTER 7 (Fall) | CREDITS | SEMESTER 8 (Spring) | CREDITS |
|---|---------|-------------------------------|---------|
| GL320: Senior Global | 4 | Global Awareness (G) Course | 4 |
| XS496: Senior Exercise Science Thesis (W) | 4 | XS485: Field Experience in XS | 2 |
| Fine Arts | 4 | HS231: Medical Terminology | 4 |
| Humanities | 4 | | |
| TOTAL CREDITS: | 16 | TOTAL CREDITS: | 10 |

YEAR FOUR NOTES:

- **HS231 is not required for Sport Performance. However, it is generally required (or recommended) for certain graduate programs.**

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 107. 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.**