

**MAJOR REQUIREMENTS (88 UNITS)** *Grades of "C" or better required. Courses should be completed in order listed.*

Exercise Science Core Curriculum - (46 Units)	FALL	WINTER	SPRING
EXSC 104 Seminar in Exercise Science (1) Prerequisite	_____	_____	_____
EXSC 224 Structural Kinesiology (4) Prerequisite: BIOL 131	_____	_____	_____
EXSC 254 Current Concepts & Applications of Fitness (4) Prerequisite: HLSC 120	_____	_____	_____
EXSC 275 Critical Scholarship in Exercise Science (4) Prerequisite: ENGL 113 or 124	_____	_____	_____
EXSC 350 Exercise Science Colloquium I (1)	_____	_____	_____
EXSC 354 Methods of Fitness Instruction (4) Prerequisite: HLSC 120 & EXSC 254	_____	_____	_____
EXSC 364 Research Methods (4) Prerequisite: MATH 155 & EXSC 275	_____	_____	_____
EXSC 394 Internship in Exercise Science I (2) Prerequisite EXSC 254 & EXSC 354	_____	_____	_____
EXSC 424 Biomechanics of Human Movement (4) Prerequisite: BIOL 131, 132, PHYS 117, PHYS 117 and Junior standing	_____	_____	_____
EXSC 426 Exercise Physiology (4) Prerequisite: BIOL 131 & 132	_____	_____	_____
EXSC 444 Physiological Assessment & Exercise Prescription (3) Prerequisite: BIOL 131, EXSC 426, MATH 121 & HLSC 120	_____	_____	_____
EXSC 494 Internship in Exercise Science II (2) Prerequisite: EXSC 444, Senior standing, CPR certification, and Department chair approval	_____	_____	_____
HLSC 225 Nutrition Theory and Practice (4) Life Science. No laboratory. Prerequisite: Sophomore; recommended: HLSC 120/HLSC 214	_____	_____	_____
HLSC 326 Behavior Change in Health & Wellness (4)	_____	_____	_____
Major Electives (24 units, max 8 units combined from ARTS/COMM/FLTV))	(NOTE: Juniors and Seniors provide evidence of certification in First Aid / CPR)		
EXSC 215A Introduction to Athletic Training I (2) Prerequisite: BIOL 131	_____	_____	_____
EXSC 215B Introduction to Athletic Training II (2) Prerequisite: EXSC 215A	_____	_____	_____
EXSC 416 Movement in Cultural Perspective (4) Prerequisite: ENGL 113/124; Arts and Humanities*	_____	_____	_____
EXSC 418E Sport Psychology (4)	_____	_____	_____
ARTS 194 PS/ Illustrator Image Creation (4)	_____	_____	_____
ARTS 274B Hand-Building (recommended for OT and Pre-Dentistry)	_____	_____	_____
ARTS 395A Web Design Communication Principles (with Arts dept chair approval)	_____	_____	_____
BIOL 446/446L Human Gross Anatomy	_____	_____	_____
COMM 226 Mass Media in Society (4)	_____	_____	_____
COMM 238 Introduction to Writing for Print Media	_____	_____	_____
COMM 244 Interpersonal Communication	_____	_____	_____
FLTV 104 Editing for Beginners (4) OR FLTV 112 Basic Production Techniques (4)	_____	_____	_____
Up to 8 units of HLSC courses, excluding 120, 275, 475, 490, 495, 499	_____	_____	_____
Up to two activity classes (total 1 unit towards major)	_____	_____	_____
Up to two, 1-year science sequences (BIOL 111-113, CHEM 111-113, or PHYS 231-233)	_____	_____	_____
Required Cognates ( 18 units)	_____	_____	_____
BIOL 131 Human Anatomy and Physiology I (5) Life Science*	_____	_____	_____
BIOL 132 Human Anatomy and Physiology II (5) Prerequisite: BIOL 131	_____	_____	_____
MATH 155 Introductory Statistics (4)	_____	_____	_____
PHYS 117 Intro to Physics (4) and PHYS 117L Lab OR PHYS 231 General Physics (4) and PHYS 231L Lab (1) Physical science*	_____	_____	_____

### SEE REVERSE FOR UNIVERSITY STUDIES REQUIREMENTS

\*A maximum of 4 units from the Major, and 8 units of Cognates required by the Major, may apply to University Studies General Studies requirements ( 2020-2021 Undergraduate Academic Bulletin)

NOTE: Should a student's general education and major degree program requirements not meet the minimum 190 units required for graduation, the student must complete elective units to make up the deficiency.

