

# Exercise Science - Scientific Foundations (BS) Four-Year Plan

## Exercise Science - Scientific Foundations of Exercise Option - Bachelor of Science 2022-2023 Four-Year Plan

### Freshman

First Term	Hours	Second Term	Hours	Summer Term	Hours
ENGL 110C	3	Literature	3	BIOL 240 or 250	4
MATH 102M or 103M	3	Interpreting the Past	3		
Oral Communication	3	Information Literacy and Research	3		
BIOL 121N	3	BIOL 123N	3		
BIOL 122N	1	BIOL 124N	1		
Human Behavior	3	EXSC 225	3		
		<b>16</b>	<b>16</b>		<b>4</b>

### Sophomore

First Term	Hours	Second Term	Hours	Summer Term	Hours
ENGL 211C	3	CHEM 123N	3	BIOL 241 or 251	4
EXSC 250	3	CHEM 124N	1		
CHEM 121N	3	STAT 130M	3		
CHEM 122N	1	EXSC 240	3		
Minor or Elective or Foreign Language (if required)	3	Minor or Elective or Foreign Language (if required)	3		
		<b>13</b>	<b>13</b>		<b>4</b>

### Junior

First Term	Hours	Second Term	Hours
PHYS 111N	4	PHYS 112N	4
EXSC 322	3	EXSC 327	3
EXSC 326	3	EXSC 366	1
Human Creativity	3	Philosophy and Ethics	3
		Minor or Upper-Division General Education	3
		<b>13</b>	<b>14</b>

### Senior

First Term	Hours	Second Term	Hours
EXSC 428	3	EXSC 417	4
EXSC 420	3	EXSC 431W	3

EXSC 408	3	Minor or Upper-Division General Education	3
EXSC 415	4	Electives	4
		<b>13</b>	<b>14</b>

Total credit hours: 120

\*The four-year plan is a suggested curriculum to complete this degree program in four years. It is just one of several plans that will work and is presented only as broad guidance to students. Each student is strongly encouraged to develop a customized plan in consultation with their academic advisor. Additional information can also be found in Degree Works.