

<b>4-Year Plan Exercise Science-Pre-Professional</b>	
<p><b>Fall I (16 cr.)</b>            BIO 105 Gen Biology (Gen Ed)            ENG 110 College Writing I            HPR 105 Creating a Health Active Lifestyle            Any MTH course at the 150 level or higher or CS 101 or CS 120            Arts Gen Ed—ART 102, ESS 104, MUS 105, THA 110, etc.</p>	<p><b>Spring I (17 cr.)</b>            CHM 103 General Chemistry I (Gen Ed)            CST 110 Public Oral Communication            ESS 100 Physical Activities—select a topic of interest            ESS 201 First Aid, Safety and CPR            Gen Ed Math course—STAT 145 Elem Statistics (Gen Ed and Pre-PT)            Any 3-credit SOC course (SOC 225 Racial and Ethnic Minorities is a popular choice)</p>
<p><b>Fall II (15 cr.)</b>            BIO 312 Human Anatomy &amp; Physiology I            CHM 104 General Chemistry II            ENG 200-206 (Literature)            HIS 101 The Global Past or 102 Global Transition and Change</p>	<p><b>Spring II (15 cr.)</b>            ESS 100 Physical Activities            BIO 313 Human Anatomy &amp; Physiology II            ESS 100 Physical Activities            ESS 281 Care and Prevention of Athletic Injuries            ESS 303 Biomechanics            Any BIO or MIC course excluding BIO 105, 312, and 313 (MIC 100 Microbes and Society is a popular choice)</p>
<p><b>Fall III (17 cr.)</b>            ESS 100 Physical Activities            ESS 207 Human Motor Behavior            ESS 302 Exercise Physiology            ESS 383 Clinical Pathology for Exercise Science            PHY 103 Fundamental Physics I (Gen Ed)            PSY 100 General Psychology or PSY 212 Lifespan Development or any 3-credit PSY course transferred from another institution satisfies the PSY requirement</p>	<p><b>Spring III (17 cr.)</b>            CHE 460 Medical Terminology for Health Ed.            ESS 328 Field Experience in Exercise Science            ESS 323 Nutrition and Sport            PHY 104 Fundamental Physics II             6 Credits of Minor/2<sup>nd</sup> Major Courses</p>
<p><b>Fall IV (12 cr.)</b>            Arts Gen Ed—2<sup>nd</sup> course            ESS 100 Physical Activities            ESS 368 Strength and Conditioning Techniques and Programs             6 Credits of Minor/2<sup>nd</sup> Major Courses</p>	<p><b>Spring IV (13 cr.)</b>            ESS 100 Physical Activities            ESS 446 Current Research and Trends in Exercise Science            Internat'l Gen Ed #2             6 Credits of Minor/2<sup>nd</sup> Major Courses</p>

Note: The above sequence is only a suggestion and is one of many ways a student may take courses in the Pre-professional Track. Students should be prepared to alter the sequence of the above courses to respond to course conflicts or other academic, personal, or professional requirements.