

EXERCISE SCIENCE MAJOR WITH CONCENTRATION IN FITNESS, STRENGTH, AND CONDITIONING

Major Requirements

The requirements for a **major in exercise science with concentration in fitness, strength, and conditioning (FSC)** are 56 credits:

Code	Title	Hours
Exercise Science Courses		
EXS 245	Introduction to Exercise Science	2
EXS 350	Physiology of Exercise	4
EXS 360	Health Promotion Programming and Evaluation	4
EXS 365	Testing and Prescription in Exercise Science	4
EXS 370	Strength and Conditioning Programming & Management	2
EXS 371	Resistance Training Techniques	2
EXS 410	Exercise Counseling & Behavioral Strategies	4
EXS 460	Exercise and Chronic Disease	4
EXS 465	Research Methods and Testing in Exercise Science	4
EXS 467	Biomechanics of Human Motion	4
EXS 489	Pre-Practicum Seminar	0
EXS 490	Practicum in Exercise Science	4
FND 321	Nutrition	4
PED 252	Prevention and Care of Sport-Related Injuries	2
BIOL 121	Cell Biology	4
BIOL 306	Human Anatomy and Physiology	4
CHEM 127	General Chemistry I	4
or CHEM 142	Survey of Organic and Biochemistry	4
Total Hours		56

An overall GPA of 2.5 or better is required for the FSC concentration of the Exercise Science major. A grade of "C" or better is required for all courses in the major and the FSC concentration.

Degree and Graduation Requirements

In addition to the program-specific requirements listed above, all students must complete the graduation requirements specified for their degree. See the Degree and Graduation Requirements (<https://catalog.concordiacollege.edu/undergraduate-academic-community/degree-graduation-requirements/>) section for more information.

Suggested Four-Year Plan

The four-year plan detailed below is a suggested coursework sequence. This plan may need to be adapted based on course offerings as well as individual student circumstances, such as transfer credit and study away experiences.

Course	Title	Hours
First Year		
Fall		
Inquiry Seminar ¹		4

IOC 100	Inquiry: Oral Communication (or IWC) ¹	4
World Language I ¹		4
BIOL 121	Cell Biology ^{1,2}	4
Hours		16
Spring		
PED 111	Wellness ¹	1
CHEM 142 or CHEM 127	Survey of Organic and Biochemistry ² or General Chemistry I	4
IWC 100	Inquiry Written Communication (or IOC) ¹	4
World Language II ¹		4
Elective		4
Hours		17
Second Year		
Fall		
EXS 245	Introduction to Exercise Science ²	2
FND 321	Nutrition ²	4
Social Science (S) ¹		4
REL 200	Christianity and Religious Diversity ¹	4
Hours		14
Spring		
BIOL 306	Human Anatomy and Physiology ²	4
PED 252	Prevention and Care of Sport-Related Injuries ²	2
Math (K) ¹		4
Cultural Diversity (U) ¹		4
Hours		14
Third Year		
Fall		
EXS 350	Physiology of Exercise ²	4
EXS 360	Health Promotion Programming and Evaluation ²	4
Global (G) ¹		4
Elective		4
Hours		16
Spring		
EXS 365	Testing and Prescription in Exercise Science ²	4
Humanities (H) or Arts (A) ¹		4
REL 300	May Seminar ¹	4
Elective		4
Hours		16
Fourth Year		
Fall		
EXS 370	Strength and Conditioning Programming & Management ²	2
EXS 371	Resistance Training Techniques ²	2
EXS 465	Research Methods and Testing in Exercise Science ²	4
EXS 489	Pre-Practicum Seminar ²	0
2nd Humanities (H) or Arts (A) ¹		4
Elective		4
Hours		16
Spring		
EXS 410	Exercise Counseling & Behavioral Strategies ²	4
EXS 460	Exercise and Chronic Disease ²	4
EXS 467	Biomechanics of Human Motion ²	4
EXS 490	Practicum in Exercise Science (PEAK) ^{1,2}	4
Hours		16
Total Hours		125

¹ denotes Core Curriculum courses

² denotes Exercise Science: Fitness, Strength & Conditioning major required courses

2 Exercise Science Major with Concentration in Fitness, Strength, and Conditioning

Exercise Science majors must maintain an overall GPA of 2.5 or better and a grade of "C" or better for all courses required in the major and this concentration.