

EXERCISE SCIENCE MAJOR

The requirements for a **major in exercise science** 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	
Total Hours		56

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

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		
FYS 110	Engaged Citizenship Seminar	4
COM 111 or ENG 110	Introduction to Communication Studies or Writing to Engage	4
BIOL 121	Cell Biology	4
World Language I		4
WELL 110	Engaging in Lifelong Wellness	1
Hours		17
Spring		
ENG 110 or COM 110	Writing to Engage or Communicating to Engage	4
CHEM 142 or CHEM 127	Survey of Organic and Biochemistry or General Chemistry I	4

World Language II		4
Elective/Core		4
WELL 111	Engaging in a Balanced Life	1
Hours		17

Second Year

Fall		
EXS 245	Introduction to Exercise Science	2
FND 321	Nutrition	4
REL 200	Christianity and Religious Diversity	4
Social Science Exploration Course		4
Hours		14

Spring

BIOL 306	Human Anatomy and Physiology	4
PED 252	Prevention and Care of Sport-Related Injuries	2
Math Exploration Core Course		4
Cultural Diversity Perspectives Core Course		4
Hours		14

Third Year

Fall		
EXS 350	Physiology of Exercise	4
EXS 360	Health Promotion Programming and Evaluation	4
Global and International Perspectives Core Course		4
Elective		4
Hours		16

Spring

EXS 365	Testing and Prescription in Exercise Science	4
Humanities or Arts Exploration Core Course		4
Religion 300 J Core Course		4
Elective		4
Hours		16

Fourth Year

Fall		
EXS 370	Strength and Conditioning Programming & Management	2
EXS 371	Resistance Training Techniques	2
EXS 465	Research Methods and Testing in Exercise Science	4
EXS 489	Pre-Practicum Seminar	0
Humanities or Arts Exploration Core Course		4
Elective		4
Hours		16

Spring

EXS 410	Exercise Counseling & Behavioral Strategies	4
EXS 460	Exercise and Chronic Disease	4
EXS 467	Biomechanics of Human Motion	4
EXS 490	Practicum in Exercise Science	4
Hours		16
Total Hours		126

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.