

NAME: \_\_\_\_\_

ID#: \_\_\_\_\_

DATE: \_\_\_\_\_

**THIS CURRICULUM GUIDE IS AN UNOFFICIAL TOOL FOR PLANNING.**  
Matriculated students and advisors should consult the Academic Requirements Report in GullNet before and after registering for classes each semester to track academic progress.

**UNIVERSITY POLICIES**

- Refer to the SU catalog for approved prerequisites and General Education courses.
- All graduates must have a minimum of 120 credits.
- All graduates must have a minimum of 30 credits of 300/400-level courses with C grade or above; at least 15 of those credits must be taken at SU.
- Students must have a minimum cumulative GPA of 2.0 for graduation.
- Students must complete at least 30 credit hours by direct classroom instruction and/or laboratory experience.
- Students must take 30 of the last 37 credit hours at SU.
- Ⓟ indicates the recommended minimum grade; although a C meets the requirement, SU history shows that students who graduate with this major earned this grade or higher for this course.
- **Bold courses are foundation courses and are required for courses later in the sequence.**

**First Year**

- |                          |                  |  |              |
|--------------------------|------------------|--|--------------|
| <input type="checkbox"/> | ENGL 103Ⓟ        | Composition and Research .....                   | 4            |
| <input type="checkbox"/> | IIIA             | Gen. Ed. Humanities Course .....                 | 4            |
| <input type="checkbox"/> | <b>FTWL 106Ⓟ</b> | <b>Lifelong Fitness and Wellness</b> .....       | 3            |
| <input type="checkbox"/> | XXXX XXX         | Allied Health Elective (1 of 6).....             | 4            |
|                          |                  |  | <b>15</b>    |
| <input type="checkbox"/> | EXSC 213Ⓟ        | Injury Prevention and Emergency Management ..... | 4            |
| <input type="checkbox"/> | PSYC 101         | Introduction to Psychology .....                 | 4            |
| <input type="checkbox"/> | HIST 10X         | Gen. Ed. IIA (HIST 101, 102 or 103) .....        | 4            |
| <input type="checkbox"/> | MATH 155         | Statistics .....                                 | 3            |
|                          |                  |  | <b>15/30</b> |

**Winter/Summer Term**

List courses that were taken during winter/summer terms:

- \_\_\_\_\_ .....
- \_\_\_\_\_ .....

**Second Year**

- |                          |                  |  |                    |
|--------------------------|------------------|--|--------------------|
| <input type="checkbox"/> | EXSC 240         | <b>Fitness Testing</b> .....                                 | 4                  |
| <input type="checkbox"/> | EXSC 250         | <b>Strength Training Techniques and Program Design</b> ..... | 4                  |
| <input type="checkbox"/> | IIIC             | Gen. Ed. Humanities/Social Science Course .....              | 3-4                |
| <input type="checkbox"/> | <b>BIOL 215Ⓟ</b> | <b>Human Anatomy and Physiology I</b> .....                  | 4                  |
|                          |                  |  | <b>15-16/45-46</b> |
| <input type="checkbox"/> | XXXX XXX         | Allied Health Elective (2 of 6).....                         | 4                  |
| <input type="checkbox"/> | EXSC 295         | Fitness Instruction .....                                    | 4                  |
| <input type="checkbox"/> | HIST XXX         | Gen. Ed. IIB History Course .....                            | 4                  |
| <input type="checkbox"/> | <b>BIOL 216Ⓟ</b> | <b>Human Anatomy and Physiology II</b> .....                 | 4                  |
|                          |                  |  | <b>16/61-62</b>    |

**Winter/Summer Term**

List courses that were taken during winter/summer terms:

- \_\_\_\_\_ .....
- \_\_\_\_\_ .....

**Third Year**

- |                          |                 |  |                    |
|--------------------------|-----------------|--|--------------------|
| <input type="checkbox"/> | EXSC 300        | Health-Fitness Programs and Professions..... | 4                  |
| <input type="checkbox"/> | EXSC 317        | Nutrition, Health and Human Performance..... | 4                  |
| <input type="checkbox"/> | XXXX XXX        | Allied Health Elective (3 of 6).....         | 4                  |
| <input type="checkbox"/> | CHEM 121        | General Chemistry I .....                    | 4                  |
| <b>OR</b>                |                 |  |                    |
| <input type="checkbox"/> | PHYS 121        | General Physics I .....                      | 4                  |
|                          |                 |  | <b>16/77-78</b>    |
| <input type="checkbox"/> | <b>EXSC 333</b> | <b>Kinesiology</b> .....                     | 4                  |
| <input type="checkbox"/> | <b>EXSC 344</b> | <b>Exercise Physiology</b> .....             | 4                  |
| <input type="checkbox"/> | XXXX XXX        | Allied Health Elective (4 of 6).....         | 4                  |
| <input type="checkbox"/> | XXXX XXX        | Allied Health Elective (5 of 6) .....        | 3-4                |
|                          |                 |  | <b>15-16/92-94</b> |

**Winter/Summer Term**

List courses that were taken during winter/summer terms:

- \_\_\_\_\_ .....
- \_\_\_\_\_ .....

**Fourth Year**

- |                          |          |  |                      |
|--------------------------|----------|--|----------------------|
| <input type="checkbox"/> | XXXX XXX | Allied Health Elective (6 of 6) .....          | 3-4                  |
| <input type="checkbox"/> | EXSC 462 | Clinical Exercise Physiology .....             | 4                    |
| <input type="checkbox"/> | EXSC 472 | Stress Testing and Exercise Prescription ..... | 4                    |
| <input type="checkbox"/> | ENGL XXX | Gen. Ed. IB Literature Course .....            | 4                    |
|                          |          |  | <b>15-16/107-110</b> |
| <input type="checkbox"/> | EXSC 479 | Internship in Exercise Science .....           | 10                   |
| <input type="checkbox"/> | EXSC 480 | Exercise Science Seminar .....                 | 2                    |
|                          |          |  | <b>12/119-122</b>    |