



# Pitt State

Exercise Science (Clinical/Pre-Professional),  
Bachelor of Science

Catalog 2024-25

Name: \_\_\_\_\_  
ID: \_\_\_\_\_

This academic degree map is a term-by-term course schedule designed for you to graduate in four years. The sample schedule below serves as a general guideline to building a full-time schedule for each term. Earning a degree requires that you complete (1) the required General Education courses, (2) the course requirements of your major and (3) any requirements PSU has designated for a Bachelor degree. Courses and special notes are specified to keep you on track to graduate in four years. Where open elective is listed, it means that you may take a course of your choosing, perhaps a course in an area outside of your major, but be sure to discuss this with your advisor.

This map is not a substitute for academic advisement – contact your advisor if you have any questions throughout the term and as you begin planning for the next. The University Catalog is also available as a resource with a complete list of requirements for all degrees offered at PSU.

### Recommended 4-years to graduation plan

Code	Semester 1 - FRESHMAN YEAR	Credit	NOTES
ENGL 101	English Composition (SGE) <sup>010</sup>	3	C or better
UGS 150	Gorilla Gateway (SGE) <sup>070</sup>	2	
Bucket 060	Arts & Humanities (SGE) <sup>060</sup>	3	
BIOL 111	General Biology (SGE) <sup>040</sup> Suggested	3	OR BIOL 211
BIOL 112	General Biology Lab (SGE) <sup>040</sup> Suggested	2	
Bucket 050	Social & Behavioral Science (SGE) <sup>050</sup>	3	
<b>TOTAL CREDIT HOURS</b>		<b>16</b>	

Code	Semester 2 - FRESHMAN YEAR	Credit	NOTES
MATH 143	Elementary Statistics (SGE) <sup>030</sup>	3	
COMM 207	Speech Communication (SGE) <sup>020</sup>	3	
BIOL 257	Anatomy and Physiology	3	
BIOL 258	Anatomy and Physiology Lab	2	
FCS 203	Nutrition and Health (SGE) <sup>070</sup> Suggested	3	
Bucket 070	Institutionally Designated (SGE) <sup>070</sup>	1	
<b>TOTAL CREDIT HOURS</b>		<b>15</b>	

	Semester 3 - SOPHOMORE YEAR	Credit	
Bucket 050	Social & Behavioral Science (SGE) <sup>050</sup>	3	
Bucket 060	Arts & Humanities (SGE) <sup>060</sup>	3	
ENGL 299	Introductory to Research Writing (SGE) <sup>010</sup>	3	C or better
CHEM 105	Introductory to Chemistry	3	
CHEM 106	Introductory to Chemistry Lab	1	
<b>TOTAL CREDIT HOURS</b>		<b>13</b>	

	Semester 4 - SOPHOMORE YEAR	Credit	
HHP 460	Kinesiology	3	
FCS 405	Advanced Nutrition and Wellness	3	
100+	Exercise Science Elective	3	
100+	Exercise Science Elective	3	
100+	Exercise Science Elective	3	
<b>TOTAL CREDIT HOURS</b>		<b>15</b>	

	Semester 5 - JUNIOR YEAR	Credit	
HHP 464	Physiology of Exercise	3	
HHP 466	Motor Learning and Development	3	
EXSCI 510	Technology & Instrumentation in Ex Physiology	3	
300+	Exercise Science Elective	3	
300+	Exercise Science Elective	2	
<b>TOTAL CREDIT HOURS</b>		<b>14</b>	

	Semester 6 - JUNIOR YEAR	Credit	
EXSCI 490	Strength and Conditioning	3	
EXSCI 540	Introduction to Research Methods	3	
EXSCI 500	Physiology of Exercise II	3	
100+	Exercise Science Elective	3	
100+	Exercise Science Elective	3	
<b>TOTAL CREDIT HOURS</b>		<b>15</b>	

	Semester 7 - SENIOR YEAR	Credit	
EXSCI 550	Research Project in Exercise Science	3	
EXSCI 599	Pre-Internship	1	
EXSCI 530	Clinical Exercise Physiology	3	
EXSCI 520	Exercise Testing and Prescription	3	
100+	Exercise Science Elective	3	
100+	Exercise Science Elective	3	
<b>TOTAL CREDIT HOURS</b>		<b>16</b>	

	Semester 8 - SENIOR YEAR	Credit	
EXSCI 600	Internship	6-12	
100+	Open Elective	3	
100+	Open Elective	3	
100+	Open Elective	2	
<b>TOTAL CREDIT HOURS</b>		<b>14</b>	

Writing to Learn: Typically one from general education and one in major coursework.

#### Systemwide General Education (SGE) Key

- 010 English
- 020 Communications
- 030 Math & Statistics
- 040 Natural & Physical Sciences
- 050 Social & Behavioral Sciences
- 060 Arts & Humanities
- 070 Institutionally Designated