



Name: _____
 ID: _____

Exercise Science (Human Performance, Strength and Conditioning), Bachelor of Science

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) ⁰¹⁰ | 3 | C or better |
| UGS 150 | Gorilla Gateway (SGE) ⁰⁷⁰ | 2 | |
| Bucket 060 | Arts & Humanities (SGE) ⁰⁶⁰ | 3 | |
| BIOL 111 | General Biology (SGE) ⁰⁴⁰ Suggested | 3 | OR BIOL 211 |
| BIOL 112 | General Biology Lab (SGE) ⁰⁴⁰ Suggested | 2 | |
| Bucket 050 | Social & Behavioral Science (SGE) ⁰⁵⁰ | 3 | |
| TOTAL CREDIT HOURS | | 16 | |

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

| | Semester 3 - SOPHOMORE YEAR | Credit | |
|---------------------------|---|-----------|-------------|
| Bucket 050 | Social & Behavioral Science (SGE) ⁰⁵⁰ | 3 | |
| Bucket 060 | Arts & Humanities (SGE) ⁰⁶⁰ | 3 | |
| ENGL 299 | Introductory to Research Writing (SGE) ⁰¹⁰ | 3 | C or better |
| FCS 405 | Advanced Nutrition and Wellness | 3 | |
| CHEM 105 | Introductory to Chemistry | 3 | |
| CHEM 106 | Introductory to Chemistry Lab | 1 | |
| TOTAL CREDIT HOURS | | 16 | |

| | Semester 4 - SOPHOMORE YEAR | Credit | |
|---------------------------|--------------------------------|-----------|--|
| HHP 460 | Kinesiology | 3 | |
| HHP 464 | Physiology of Exercise | 3 | |
| HHP 466 | Motor Learning and Development | 3 | |
| FCS 406 | Sports Nutrition | 3 | |
| 100+ | Exercise Science Elective | 3 | |
| TOTAL CREDIT HOURS | | 15 | |

| | Semester 5 - JUNIOR YEAR | Credit | |
|---------------------------|--|-----------|--|
| EXSCI 480 | Science and Skills in Professional Fitness | 3 | |
| EXSCI 520 | Exercise Testing and Prescription | 3 | |
| 300+ | Exercise Science Elective | 3 | |
| 300+ | Exercise Science Elective | 2 | |
| 100+ | Exercise Science Elective | 2 | |
| 100+ | Exercise Science Elective | 3 | |
| TOTAL CREDIT HOURS | | 16 | |

| | Semester 6 - JUNIOR YEAR | Credit | |
|---------------------------|----------------------------------|-----------|--|
| EXSCI 490 | Strength and Conditioning | 3 | |
| EXSCI 540 | Introduction to Research Methods | 3 | |
| EXSCI 495 | Physiology of Weight Management | 3 | |
| 100+ | Exercise Science Elective | 3 | |
| 100+ | Exercise Science Elective | 3 | |
| TOTAL CREDIT HOURS | | 15 | |

| | Semester 7 - SENIOR YEAR | Credit | |
|---------------------------|--|-----------|--|
| HHP 763 | Scientific Principles of Strength and Conditioning | 3 | |
| EXSCI 550 | Research Project in Exercise Science | 3 | |
| EXSCI 599 | Pre-Internship | 1 | |
| 100+ | Exercise Science Elective | 3 | |
| 100+ | Exercise Science Elective | 3 | |
| TOTAL CREDIT HOURS | | 13 | |

| | Semester 8 - SENIOR YEAR | Credit | |
|---------------------------|--------------------------|--------------|--|
| EXSCI 600 | Internship | 6-12 | |
| 100+ | Open Elective | 3 | |
| 100+ | Open Elective | 3 | |
| 100+ | Open Elective | 2 | |
| TOTAL CREDIT HOURS | | 14-20 | |

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

Systemwide General Education (SGE) Key

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