

2024-2025 Major Academic Plan (MAP)—B.S. Exercise Science Academic Credit Hours 123 + ROTC

		Major Academic Plan (MAP)—B.S. Exercise Science						Academic Credit Hours 123 + ROTC	
Freshman									
Fall	LDRS 101 (1)	FSEM 101 (3)	FSWI 101 (3)	BIOL 130 + 131 (4)		PHED 101 (3)		ROTC Basic	14
Spring		RPED 260 (3)	Modern Language (3)	LDRS 202 (3)	STAT 160 Freshman Math (3)	EXSC 200 (3)		ROTC Basic	15
									30
Sophomore									
Fall	LDRS 211 (Fall or Spring)	COMM 216 (3)	Modern Language (3)	BIOL 217 + 227 (4)	CHEM 150 + 161 (4) OR PHYS 203 + 271 (4)	PSYC 202 (3)	RPED 113 ARC First Aid & CPR (0)	ROTC Basic	17
Spring			BIOL 218 + 228 (4)	CHEM 152 + 162 (4) OR PHYS 204 + 272 (4)	PHED 303 (3)	EXSC 202 (3)	RPED Activity	ROTC Basic	14
									31
Junior									
Fall	LDRS 311	Strand 1 (3)	LDRS 371 (3) **	EXSC 305 (3)	HLED 302 (3)	EXSC 319 + 329 (4)		ROTC (Advanced)	16
Spring		Strand 2 (3)	General Elective (3)	General Elective (3)	EXSC 320 (3)	EXSC 314 (3)		ROTC (Advanced)	15
									31
Senior									
Fall	LDRS 411	Strand 3 (3)	General Elective (3)	EXSC 406 + 421 (4)	HLED 400 (3)	HLED 401 (3)		ROTC (Advanced)	16
Spring		Strand 4 (3)	General Elective (3)	HLED 402 (3)	EXSC 403 (3)	SMGT 404 (3) **		ROTC (Advanced)	15
									31

Total: 123

Note: The blue cells represent courses in General Education. The grey cells represent graduation requirements. The orange cells are non-departmental requirements, and yellow cells are major requirements. ** = ROTC Fulfillment class.

Strand Requirements: Students must complete four strand courses, which may be completed in any order: English (ENGS 30X), History (HISS 30X), Social Science (SCSS 30X), and Science (NTSS 30X).