

| 2025-2026        |                                 | Major Academic Plan (MAP)—B.S. Exercise Science |                           |                                  |                                                 |                            |                  | Academic Credit Hours 122 + ROTC          |            |
|------------------|---------------------------------|-------------------------------------------------|---------------------------|----------------------------------|-------------------------------------------------|----------------------------|------------------|-------------------------------------------|------------|
| <u>Freshman</u>  |                                 |                                                 |                           |                                  |                                                 |                            |                  |                                           |            |
| Fall             | LDRS 101<br>(1)                 | BIOL<br>130 + 131<br>(4)                        | RPED 260<br>(3)           | STAT 160<br>Freshman<br>Math (3) | PHED 101<br>(3)                                 |                            |                  | ROTC<br>Basic                             | 14         |
| Spring           |                                 | FSEM 101<br>(3)                                 | FSWI 101<br>(3)           | LDRS 202<br>(3)                  | CHEM 151+161<br>(4) OR<br>PHYS 203 + 271<br>(4) | BIOL 217<br>+ 227 (4)      |                  | ROTC<br>Basic                             | 17<br>31   |
|                  |                                 |                                                 |                           |                                  |                                                 |                            |                  |                                           |            |
| <u>Sophomore</u> |                                 |                                                 |                           |                                  |                                                 |                            |                  |                                           |            |
| Fall             | LDRS 211<br>(Fall or<br>Spring) | COMM<br>216<br>(3)                              | Modern<br>Language<br>(3) | EXSC 200<br>(3)                  | CHEM 152 +<br>162 (4) OR<br>PHYS 204+272<br>(4) | PSYC 202<br>(3)            |                  | RPED 113<br>ARC First<br>Aid & CPR<br>(0) | 16         |
| Spring           |                                 | Modern<br>Language<br>(3)                       | BIOL<br>218 + 228<br>(4)  | PHED 303<br>(3)                  | EXSC 202<br>(3)                                 |                            | RPED<br>Activity | ROTC<br>Basic                             | 13<br>29   |
|                  |                                 |                                                 |                           |                                  |                                                 |                            |                  |                                           |            |
| <u>Junior</u>    |                                 |                                                 |                           |                                  |                                                 |                            |                  |                                           |            |
| Fall             | LDRS 311                        | LDRS 371<br>(3) **                              | Strand 1<br>(3)           | EXSC 305<br>(3)                  | EXSC<br>319 + 329<br>(4)                        | HLED 302<br>(3)            |                  | ROTC<br>(Advanced)                        | 16         |
| Spring           |                                 | Strand 2<br>(3)                                 | EXSC 320<br>(3)           | EXSC 314<br>(3)                  | HLED 400<br>(3)                                 | General<br>Elective<br>(3) |                  | ROTC<br>(Advanced)                        | 15<br>31   |
|                  |                                 |                                                 |                           |                                  |                                                 |                            |                  |                                           |            |
| <u>Senior</u>    |                                 |                                                 |                           |                                  |                                                 |                            |                  |                                           |            |
| Fall             | LDRS 411                        | Strand 3<br>(3)                                 | EXSC<br>406 + 421<br>(4)  | HLED 401<br>(3)                  | General<br>Elective<br>(3)                      | General<br>Elective<br>(3) |                  | ROTC<br>(Advanced)                        | 16         |
| Spring           |                                 | Strand 4<br>(3)                                 | EXSC 403<br>(3)           | HLED 402<br>(3)                  | SMGT 404<br>(3)<br>**                           | General<br>Elective<br>(3) |                  | ROTC<br>(Advanced)                        | 15<br>31   |
|                  |                                 |                                                 |                           |                                  |                                                 |                            |                  |                                           | Total: 122 |

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 (ENG 30X), History (HIS 30X), Social Science (SCSS 30X), and Science (NTSS 30X).