

		Major Academic Plan (MAP)—B.S. Exercise Science						Academic Credit Hours 122 + ROTC	
Freshman									
Fall	LDRS 101 (1)	BIOL 130 + 131 (4)	RPED 260 (3)	STAT 160 Freshman Math (3)	PHED 101 (3)			ROTC Basic	14
Spring		FSEM 101 (3)	FSWI 101 (3)	LDRS 202 (3)	CHEM 151+161 (4) OR PHYS 203 + 271 (4)	BIOL 217 + 227 (4)		ROTC Basic	17 <hr/> 31
Sophomore									
Fall	LDRS 211 (Fall or Spring)	COMM 216 (3)	Modern Language (3)	EXSC 200 (3)	CHEM 152 + 162 (4) OR PHYS 204+272 (4)	PSYC 202 (3)	RPED 113 ARC First Aid & CPR (0)	ROTC Basic	16
Spring		Modern Language (3)	BIOL 218 + 228 (4)	PHED 303 (3)	EXSC 202 (3)		RPED Activity	ROTC Basic	13 <hr/> 29
Junior									
Fall	LDRS 311	LDRS 371 (3) **	Strand 1 (3)	EXSC 305 (3)	EXSC 319 + 329 (4)	HLED 302 (3)		ROTC (Advanced)	16
Spring		Strand 2 (3)	EXSC 320 (3)	EXSC 314 (3)	HLED 400 (3)	General Elective (3)		ROTC (Advanced)	15 <hr/> 31
Senior									
Fall	LDRS 411	Strand 3 (3)	EXSC 406 + 421 (4)	HLED 401 (3)	General Elective (3)	General Elective (3)		ROTC (Advanced)	16
Spring		Strand 4 (3)	EXSC 403 (3)	HLED 402 (3)	SMGT 404 (3) **	General Elective (3)		ROTC (Advanced)	15 <hr/> 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 (ENGS 30X), History (HISS 30X), Social Science (SCSS 30X), and Science (NTSS 30X).