



MARYVILLE
UNIVERSITY

EXERCISE SCIENCE PRE-GRADUATE

Minimum of **127** credit hours required for a Bachelor of Science degree.
Last **30** credit hours must be from Maryville University

NAME: _____ REVIEWER: _____ DATE: _____

I. MCORE (36 Hours)	Credits	SEM/YR	Grade	Notes
A. Social Discovery (6)				
CORE 101: Discovering Community	3			
Student Choice – PSYC 254 Required	3			
CORE 401: Senior Capstone				In Major: EXSC 491
B. Civic Discovery (6)				
CORE 201: Discovering the Nation	3			
Student Choice	3			
C. Cultural Discovery (6)				
CORE 301: Discovering the World	3			
Student Choice	3			
D. Creative Discovery (9)				
COMP 104: Writing Across the Disciplines II	3			
Student Choice	3			
Student Choice	3			
F. Scientific Discovery (9)				
CORE 102: Everyday Data	3			
Student Choice – SOSC 341 Required	3			
Student Choice	3			
II. Major Requirements (91 Hours)	Credits	SEM/YR	Grade	Notes
COMP 101 Writing Across the Disciplines I	3			
PSYC 101 General Psychology	3			
EXSC 110 Introduction to Exercise Science	3			
EXSC 210 Stress Management	3			
EXSC 220 Care & Prevention of Injuries	3			
EXSC 240 Methods & Program in Strength	3			
EXSC 305 Strength Training and Conditioning Lab	1			
EXSC 250 Personal and Community Health	3			
EXSC 260 Health & Exercise Psychology	3			
EXSC 309 Exercise Physiology I	3			
EXSC 310 Exercise Physiology II	3			
EXSC 310L Exercise Physiology II Lab	1			
EXSC 320 Biomechanics/Kinesiology	3			
EXSC 320L Biomechanics/Kinesiology Lab	1			
EXSC 323 Movement Health & Exercise	3			
EXSC 330 Nutrition of Exercise Management	3			
EXSC 353 Virtual Fitness and Health	3			
EXSC 390 Exercise Science Practicum I	2			
EXSC 391 Research Methods	3			
EXSC 410 Exercise Testing Prescription	3			
EXSC 410L Exercise Testing Prescription Lab	1			
EXSC 440 Fitness Management	3			
EXSC 490 Exercise Science Practicum II	4			
EXSC 491 Exercise Science Capstone	3			
BIOL 101 Human Anatomy and Physiology I	4			
BIOL 102 Human Anatomy and Physiology II	4			
CHEM 103 General Chemistry I	3			
CHEM 103L General Chemistry I Lab	1			
CHEM 104 General Chemistry II	3			
CHEM 104L General Chemistry II Lab	1			
MATH 125 College Algebra and Trigonometry	3			
PHYS 103 General Physics I	3			
PHYS 103L General Physics I Lab	1			
PHYS 104 General Physics II	3			
PHYS 104L General Physics II Lab	1			
Degree Total	127			

SAMPLE COURSE PLAN

This is an example of the sequence of course work to complete this major.

Fall of Freshman Year	Credits	Spring of Freshman Year	Credits
CORE 101: Discovering Community	3	CORE 201: Discovering the Nation	3
COMP 101 Writing Across the Disciplines I	3	COMP 104: Writing Across the Disciplines II	3
CORE 102: Everyday Data	3	BIOL 102 Human Anatomy & Physiology II w/lab	4
BIOL 101 Human Anatomy & Physiology I w/lab	4	EXSC 210 Stress Management	3
EXSC 110 Intro to Exercise Science	3	EXSC 250 Personal & Community Health	3
Total	16	Total	16
Fall of Sophomore Year	Credits	Spring of Sophomore Year	Credits
CORE 301: Discovering the World	3	MCORE - Student Choice	3
PSYC 101 General Psychology	3	MCORE - Student Choice	3
EXSC 240 Program Design	3	PSYC 254: Human Development	3
EXSC 305 Strength & Conditioning Lab	1	EXSC 220 Care & Prevention of Injuries	3
EXSC 309 Exercise Physiology I	3	EXSC 310/310L Exercise Physiology II w/ lab	4
EXSC 320/320L Biomechanics/Kinesiology w/lab	4		
Total	17	Total	16
Fall of Junior Year	Credits	Spring of Junior Year	Credits
MCORE - Student Choice	3	PHYS 104/104L General Physics II w/lab	4
PHYS 103/103L General Physics I w/lab	4	MATH 125 College Algebra & Trig	3
SOSC 341: Understanding Statistical Inference	3	EXSC 323 Movement in Health & Exercise	3
EXSC 260 Health & Exercise Psychology	3	EXSC 330 Sport & Exercise Nutrition	3
EXSC 410/410L Exercise Testing & Prescription w/ lab	4	EXSC 353 Virtual Fitness & Health	3
Total	17	Total	16
Fall of Senior Year	Credits	Spring of Senior Year	Credits
MCORE - Student Choice	3	CORE 401: EXSC 491 Exercise Science Capstone	3
CHEM 103/103L General Chemistry I w/lab	4	MCORE - Student Choice	3
EXSC 390 Exercise Science Practicum I	2	CHEM 104/104L General Chemistry II w/lab	4
EXSC 391 EBP & Research Methods	3	EXSC 490 Exercise Science Practicum II	4
EXSC 440 Fitness Management	3		
Total	15	Total	14

Notes: