



MARYVILLE
UNIVERSITY

EXERCISE SCIENCE WELLNESS TRACK

Minimum of **125** 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 – SOSOC 341 Required	3			
Student Choice	3			
II. Major Requirements (89 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 430 Applied Nutrition	3			
EXSC 440 Fitness Management	3			
EXSC 490 Exercise Science Practicum II	4			
EXSC 491 Exercise Science Capstone	3			
BIOL 115 Introduction to Human Anatomy and Physiology	4			
EXSC 322 Adaptive Physical Activity	3			
EXSC 350 Health Program Planning and Evaluation	3			
EXSC 450 Health Profession Disease & Disability	3			
EXSC Elective	3			
EXSC Elective	3			
EXSC Elective	3			
Degree Total	125			

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	MCORE - Student Choice	3
BIOL 115 Intro Human Anatomy & Physiology w/lab	4	EXSC 210 Stress Management	3
EXSC 110 Intro to Exercise Science	3	EXSC 250 Personal & Community Health	3
Total	16	Total	15
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	PSYC 254: Human Development	3
EXSC 240 Program Design	3	EXSC 220 Care & Prevention of Injuries	3
EXSC 305 Strength & Conditioning Lab	1	EXSC 310/310L Exercise Physiology II w/ lab	4
EXSC 309 Exercise Physiology I	3	EXSC 322 Adapted Physical Activity	3
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	MCORE - Student Choice	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 350 Health Program Planning & Evaluation	3	EXSC 353 Virtual Fitness & Health	3
EXSC 410/410L Exercise Testing & Prescription w/ lab	4	EXSC *** EXSC Elective	3
Total 16	16	Total 15	15
Fall of Senior Year	Credits	Spring of Senior Year	Credits
MCORE - Student Choice	3	CORE 401: EXSC 491: Exercise Science Capstone	3
EXSC 390 Exercise Science Practicum I	2	EXSC 430 Applied Nutrition	3
EXSC 391 EBP & Research Methods	3	EXSC 490 Exercise Science Practicum II	4
EXSC 440 Fitness Management	3	EXSC *** EXSC Elective	3
EXSC 450 Health Promo, Disease, & Disability Prevention	3		
EXSC *** EXSC Elective	3		
Total	17	Total	13

Notes: