

NAME: \_\_\_\_\_

ID#: \_\_\_\_\_

DATE ENTERED: \_\_\_\_\_

**EXSS CORE**

- \_\_\_\_\_ **EXSS 312 Socio-cul. Dim of Phys Act** 3  
PreReq: Social Processes Course
- \_\_\_\_\_ **EXSS 322 Anatomical Kinesiology** 4  
PreReq: Z 331/ 341; 332/342 (or concurrent)
- \_\_\_\_\_ **EXSS 323 Biomech. of Spt & Ex** 4  
PreReq: MTH 112; PH 201; Z 331/341
- \_\_\_\_\_ **EXSS 324 Exercise Physiology** 4  
PreReq: CH 121-123; Z 333
- \_\_\_\_\_ **EXSS 325 Fit. Assmnt & Ex Prescrt** 2  
PreReq: EXSS 324 (or concurrent)
- \_\_\_\_\_ **EXSS 370 Psych of Spt & Phys. Act.** 3
- \_\_\_\_\_ **EXSS 371 Measurement in Ex & Spt Sci** 4  
PreReq: Jr. standing; College Algebra
- \_\_\_\_\_ **EXSS 411 Mvmnt Skill Learn & Cntrl** 3  
Prereq: EXSS 322
- \_\_\_\_\_ **EXSS 444 Adapted Physical Activity** 4  
PreReq: Sr. standing; EXSS 324, 411

**APPLIED OPTION (Required)**

- \_\_\_\_\_ **EXSS 307 Pre-Internship** 1  
PreReq: Jr. standing
- \_\_\_\_\_ **EXSS 333 Practicum** 2  
PreReq: Instructor Approval
- \_\_\_\_\_ **EXSS 381 Analysis of Crit. Iss. in EXSS (WIC)** 3  
PreReq: Jr. standing
- \_\_\_\_\_ **EXSS 410 Internship** 9-15  
PreReq: EXSS GPA 2.5; Option GPA 2.25;  
completion of 165 credits or dept appr.

**EXSS majors must maintain a minimum 2.25 option GPA and a 2.5 minimum GPA in all EXSS prefixed courses**

**APPLIED OPTION (9 credits minimum)**

*The courses taken for the Applied option EXSS & Supporting course work should be integrated into a coherent program based on the goals of the student and planned and agreed upon by the student and academic advisor. The NES department chair's approval (signature) must also be obtained PRIOR to starting course work in this option.*

- \_\_\_\_\_ **EXSS 131\* Intro to Ex & Spt Sci** 1
- \_\_\_\_\_ **OR: EXSS** \_\_\_\_\_
- \_\_\_\_\_ **EXSS** \_\_\_\_\_
- \_\_\_\_\_ **EXSS** \_\_\_\_\_
- \_\_\_\_\_ PreReq: \_\_\_\_\_
- \_\_\_\_\_ **EXSS** \_\_\_\_\_
- \_\_\_\_\_ PreReq: \_\_\_\_\_
- \_\_\_\_\_ **EXSS** \_\_\_\_\_
- \_\_\_\_\_ PreReq: \_\_\_\_\_

**SUPPORTING COURSES (27 credits min.)**

- \_\_\_\_\_ \_\_\_\_\_
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**SCIENCE & SOCIAL SCIENCE CORE**

- \_\_\_\_\_ **CH** \_\_\_\_\_ **Gen. Chemistry** 5
- \_\_\_\_\_ **CH** \_\_\_\_\_ **Gen. Chemistry (PS)** 5
- \_\_\_\_\_ **CH** \_\_\_\_\_ **Gen. Chemistry (PS)** 5
- \_\_\_\_\_ **Z 331 Human Anat & Phys I** 3
- \_\_\_\_\_ **Z 341 Human A & P Lab I** 2
- \_\_\_\_\_ **Z 332 Human Anat & Phys II** 3
- \_\_\_\_\_ **Z 342 Human A & P Lab II** 2
- \_\_\_\_\_ **Z 333 Human Anat & Phys III** 3  
\*must be taken in sequence
- \_\_\_\_\_ **MTH 112 Elemenatry Functions (MTH)** 4
- \_\_\_\_\_ **PH 201 General Physics (PS)** 5
- \_\_\_\_\_ **PSY 201 General Psychology (SPI)** 3

Program focus or career goals:

Department Chair \_\_\_\_\_ date \_\_\_\_\_

**BACCALAUREATE CORE REQUIREMENTS**

***Perspective Categories:** No more than two courses from one department may be used to satisfy the Perspective category*

___ <b>WR 121</b> _____	3
___ <b>WR II</b> _____	3
___ <b>WR III</b> _____	3
___ <b>MTH*</b> _____	4
___ <b>HHS 231</b> _____	2
___ <b>PAC or HHS LAB</b> _____	1

<b>MAXIMUM S/U CREDITS:</b>	<b>36</b>
<i>Courses in major <b>MAY NOT</b> be taken S/U</i>	

___ <b>PHYSICAL SCIENCE*</b> _____	5
___ <b>BIOLOGICAL SCIENCE</b> _____	4
___ <b>PHYS or BIO SCI*</b> _____	4/5

<b>CREDITS NEEDED TO GRADUATE:</b>	<b>180</b>
Upper division credits needed:	60
<b>A maximum of 11 PAC credits can be counted toward graduation</b>	

___ <b>WESTERN CULTURE*</b> _____	3
___ <b>CULTURAL DIVERSITY</b> _____	3
___ <b>LITERATURE &amp; ARTS</b> _____	3
___ <b>SOCIAL PROCESS *</b> _____	3
___ <b>DIFF, POWER &amp; DISCRIM</b> _____	3

***Synthesis Categories:** The two courses used to fulfill the synthesis requirements **MAY NOT** be from the same department*

___ <b>CONTEMP. GLOBAL ISS</b> _____	3
___ <b>SCIENCE, TECH &amp; SOC.</b> _____	3