Exercise Science Sample Curriculum Map

Year 1 - Fall	
EXSI 100 - Intro. to Exercise Science	2
Social Behavioral Science Core	3
Social and Behavioral Science Core	See catalog for credits
Written Communication Core	See catalog for credits
Oral Communications Core	See catalog for credits

Year 1 - Spring	
BIO 104 - Principles of Biology	4
EX 245 - Pers Health & Cond	See catalog for credits
Phys 240 - Motor/Perceptual Motor Dev	See catalog for credits
Social Behavioral Science Core	See catalog for credits
Written Communication Core	See catalog for credits

Year 2 - Fall	
BIO 275 - Human Anatomy and Physiology I	4
PHYS 233 - First Aid/C.P.R.	2
Physical Science Core	3-5
Humanities & Fine Arts Group 1	See catalog for credits
Humanities & Fine Arts Group 2	See catalog for credits

*Course descriptions are available in the academic catalog at moval.edu

**Sample schedules are based on a 12-15 credit hour per semester course load

Year 2 - Spring

Exercise Science Sample Curriculum Map

MS 200 - Intro to Statistics	3
EXSI 230 - Prevention and Treatment of Athletic Injuries	3
Humanities & Fine Arts Goup 3	3
Core	See catalog for credits
Core	See catalog for credits

Year 3 - Fall	
EXSI 307 - Theories of Strength and Conditioning	3
PHYS 333 - Psychology and Sociology of Sports	3
Core	See catalog for credits
Core	See catalog for credits
Core	See catalog for credits

Year 3 - Spring	
PHYS 300 - Organization and Administration of Physical Education/Athletic Program (Spring only)	2
EXSI 359 - Community Health	3
EXSI 385 - Human Nutrition	See catalog for credits
Core/Additional	See catalog for credits
Upper Division	See catalog for credits

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Year 4 - Fall

Exercise Science Sample Curriculum Map

EXSI 320 - Health and Fitness Testing	3
EXSI 334 - Kinesiology	3
EXSI 335 - Exercise Physiology	3
Upper Division	3
Upper Division	3

Year 4 - Spring	
EXSI 400 - Exercise Promotion & Prescription	3
EXSI 485 - Senior Seminar	2
Upper Division	3
Upper Division	3
Upper Division	3

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**Sample schedules are based on a 12-15 credit hour per semester course load