

Cleveland State University
College of Health
Bachelor of Science in Exercise Science

First Year								
Fall Semester				Spring Semester				
	Credits	Major	Gen Ed		Credits	Major	Gen Ed	
ASC 101 Intro to University Life	1		INTRO	ENG 102 English II	3		W/C	
ENG 101 English I	3		W/C	HED 210 Healthy Lifestyle Choices	3	X	SS	
Quantitative Literacy Req (Rec. MTH 116)	3		M/QL	Quantitative Literacy Req (Rec. MTH 117)	3		M/QL	
PSY 101 Intro to Psychology	3	X	SS	EXS 205 Intro to Sports Management	3	X		
PES Physical Skill Course #1	1	X		General Elective (BIO 106 recommended)	3			
HPR 250 Diversity in Sports	3		DIV-US	General Elective	1			
<i>Semester Total</i>	<i>14</i>			<i>Semester Total</i>	<i>16</i>			
Second Year								
Fall Semester				Spring Semester				
	Credits	Major	Gen Ed		Credits	Major	Gen Ed	
African American Diversity	3		DIV	HED 360 Health Promotion at the Workplace	3	X		
PES Physical Skill Course #2	1	X		**Arts & Humanities Elective	3		A&H	
BIO 266/267 Anatomy & Physiology I/Lab	4	X	NS	BIO 268/269 Anatomy & Physiology II/Lab	4	X	NS	
DAN 201 Introduction to Dance	3	X	A&H	EXS 315 Group Exercise Instruction	3	X		
Approved HHP Elective #1	3	X		Approved HHP Elective #2	3	X		
<i>Semester Total</i>	<i>14</i>			<i>Semester Total</i>	<i>16</i>			
Third Year								
Fall Semester				Spring Semester				
	Credits	Major	Gen Ed		Credits	Major	Gen Ed	
EXS 466 Sport/Fitness Facility Management	3	X	WAC	EXS 475 Nutrition and Physical Activity	3	X	WAC	
HED 450 Theories of Health Behavior	3	X		EXS 470 Exercise Testing and Prescription	3	X		
EXS 322 Anatomical Kinesiology	3	X		EXS 439 Therap Recreation/Disability	3	X		
EXS 324 Physical Fitness	2	X		EXS 494 Biomechanics	3	X		
EXS 325 Physiology of Exercise	3	X		EXS 328 Legal/Admin of PE/Sport	3	X		
<i>Semester Total</i>	<i>14</i>			<i>Semester Total</i>	<i>15</i>			
Fourth Year								
Fall Semester				Spring Semester				
	Credits	Major	Gen Ed		Credits	Major	Gen Ed	
Approved HHP Elective #3	3	X		EXS 452 Gateway to the Profession	3	X	CAP	
EXS 472 Physiology of Aging	3	X		EXS 480 Intern(8cr) & 4 credits Elec OR EXS 481	12	X		
EXS 471 Exercise Programs for Special Populations	3	X		PES Physical Skill Course #3	1	X		
EXS 415 Evaluation in Health and Human Performance	3	X						
WAC	3		WAC					
<i>Semester Total</i>	<i>15</i>			<i>Semester Total</i>	<i>16</i>			
Degree Total: 120 Credit Hours								

Assumptions: college-level readiness in MTH & ENG, no Foreign Language Deficiency

College/ Program Notes: HHP Approved Electives (9 credits), see Dept for Complete List.

The plan above is a suggested guide to ensure that all General Education, College, University, and Major requirements are met within 4 years of study. Students may deviate from the suggested placement of Gen Ed courses, although the M/QL and W/C requirements should be completed during the first year of study.

*General Electives ensure that a student accumulates the minimum credit hour totals needed for graduation. Students must have a **minimum of 120 total credit hours**, of which a **minimum of 24 credit hours** must be upper division (300 or 400-level courses). Depending upon other elective choices made, students may not need as many general electives as indicated above, or may need additional electives.

^Only one QL course can be applied to the M/QL requirement. The other course must be an MTH/STA course.

Gen Ed Key:	
INTRO = Introduction to University Life Requirement (one course)	SS = Social Sciences (2 courses from different departments**)
W/C = Writing /Composition Requirement (two courses; C or better required)	A&H = Arts & Humanities Requirement (2 courses from different departments**)
M/QL = Mathematics/Quantitative Literacy Requirement (two courses)	DIV = Social Diversity Requirement (2 courses; one US Diversity and one African American Exp.)
NS = Natural Sciences (two courses, one of which must have a lab)	WAC/SPAC = Writing/Speaking Across the Curriculum Requirement (3 courses, one in the major)
** of the SS and A&H courses, one must be focused on Africa, Latin America, Asia, or the Middle East (ALAAME)	CAP = Capstone Requirement

This information is provided solely for the convenience of the reader, and the University expressly disclaims any liability which may otherwise be incurred. This publication is neither a contract nor an offer to make a contract. While every effort has been made to ensure the accuracy of the information, the University reserves the right to make changes at any time with respect to course offerings, degree requirements, services provided, or any other subject addressed herein.