

Cleveland State University
College of Health
Bachelor of Science in Exercise Science
 NEW FALL 2024

First Year								
Fall semester	Credits	Major	Gen Ed	Spring Semester	Credits	Major	Gen Ed	
ASC 101 Intro to University Life	1		Intro	ENG 102 College Writing II	3			W/C
ENG 100 or ENG 101 College Writing I	3		W/C	A&H ALAAME	3			A&H
^Quantitative Literacy Req. (Rec. MTH 116)	3		M/QL	^Quantitative Literacy Req (Rec. MTH 117)	3			M/QL
PSY 101 Intro to Psychology	3		SS	EXS 205 Intro to Exercise Science	3	X		
PES Physical Skill Course #1	1	X		HED 210 Healthy Lifestyle Choices	3	X		SS
Arts and Humanities	3		A&H					
<i>Semester Total</i>	14			<i>Semester Total</i>	15			
Second Year								
Fall Semester	Credits	Major	Gen Ed	Spring Semester	Credits	Major	Gen Ed	
Approved HSHP Elective #1	3	X		HED 360 Health Prom. at the Workplace	3	X		
PES Physical Skill Course #2	1	X		EXS 315 Group Exercise Instruction	3	X		
BIO 266 Anatomy and Physiology I	3		NS	BIO 268 Anatomy and Physiology II	3			NS
BIO 267 Anatomy and Physiology I Lab	1		NS	BIO 269 Anatomy and Physiology II Lab	1			NS
African American Gen Ed (WAC)	3		DIV-AA/WAC	Social Sciences Gen Ed Req	3			SS
HSC 305 Culture in Healthcare OR SOC 250 Diversity & Sport	3		DIV-US	Approved HSHP Elective #2	3	X		
<i>Semester Total</i>	14			<i>Semester Total</i>	16			
Third Year								
Fall Semester	Credits	Major	Gen Ed	Spring Semester	Credits	Major	Gen Ed	
EXS 495 Training and Conditioning	3	X		EXS 475 Nutrition and Physical Activity	3	X		WAC
HED 450 Theories of Health Behavior	3	X		EXS 470 Ex. Testing and Prescription	3	X		
EXS 322 Anatomical Kinesiology	3	X		HSHP Approved Elective #3	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		
EXS 326 Physiology of Exercise Lab	1	X						
<i>Semester Total</i>	15			<i>Semester Total</i>	15			
Fourth Year								
Fall Semester	Credits	Major	Gen Ed	Spring Semester	Credits	Major	Gen Ed	
EXS 439 Therapeutic Recreation/Disability	3	X		Free elective (if taking EXS. 480)	4			
EXS 472 Physiology and Aging	3	X		EXS 480 Internship	8 /12	X		CAP
EXS 471 Ex. Programs for Special Pops	3	X		PES Physical Skill Course #3	1	X		
EXS 415 Evaluation in HHP	3	X		Free elective	3			
Free Elective (WAC)	3		WAC					
<i>Semester Total</i>	15			<i>Semester Total</i>	16			
Degree Total: 120 Hours								

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

College/Program Notes: HSHP 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.

Gen Ed Key:	SS = Social Sciences (2 courses from different departments**)
INTRO = Introduction to University Life Requirement (1 course)	A&H = Arts & Humanities Requirements (2 courses from different departments**)
W/C = Writing/Composition Requirement (2 courses; C or better required)	DIV = Social Diversity Requirement (2 courses, one US Diversity and one African American Exp)
M/QL = Mathematics/Quantitative Literacy Requirement (2 courses)	WAC/SPAC = Writing/Speaking Across the Curriculum Requirement (3 courses, one in the major)
NS = Natural Sciences (2 courses, one of which must have a lab)	CAP = Capstone Requirement
** of the SS and A&H courses, one must be focused on Africa, Latin America, Asia, or the Middle East (ALAAME)	

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