

Cleveland State University

Bachelor of Science in Exercise Science

Name _____

I.D. No. _____

Curriculum Sheet (Effective Fall 2026)

First Year

Fall Semester	Credits	Major	Core	Spring Semester	Credits	Major	Core
INQ 150 Healthy Lifestyle Choices (recommended)	3	X	IL	Research & Professional Writing Elective	3		RPW
Finding Your Voice Elective	3		FYV	Global Human Perspectives Elective	3		GHP
Human Culture & Creativity Elective	3		HCC	American Civic Literacy Elective	3		ACL
Formal & Quantitative Reasoning Elective	3		QFR	Data & Digital Literacy	3		DDL
PSY 101 Intro to Psychology	3	X	SHB	EXS 205 Intro to Exercise Science	3	X	
Semester Total	15			Semester Total	15		

Second Year

Fall Semester	Credits	Major	Core	Spring Semester	Credits	Major	Core
BIO 266/267 Anatomy & Physiology I / lab	4	X	SI	BIO 268/269 Anatomy & Physiology II / lab	4	X	SI
Approved HSHP Elective #1	3	X		EXS 315 Group Exercise Instruction	3	X	
HSC 205 Social & Cultural Determinants of Health OR SOC 250 Sociology of Sport	3	X	CPS	Approved HSHP Elective #2	3	X	
General Elective	3			HED 360 Health Prom. In the Workplace	3	X	
PES 105 Weight Training	1	X		Free Elective	3		
Semester Total	14			Semester Total	16		

Third Year

Fall Semester	Credits	Major	Core	Spring Semester	Credits	Major	Core
EXS 325/326 Physiology of Exercise / Lab	4	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		EXS 483/484 Strength and Conditioning/Lab	3	X	
EXS 324 Physical Fitness PES 140 Aerobic Fitness	1	X		EXS 494 Biomechanics	3	X	
General Elective	3			EXS 328 Legal/Admin of PE/Sport	3	X	WAC
Semester Total	14			Semester Total	15		

Fourth Year

Fall Semester	Credits	Major	Core	Spring Semester	Credits	Major	Core
EXS 439 Therapeutic Recreation/Disability	3	X		EXS 480 Internship	8	X	
EXS 472 Physiology and Aging	3	X		PES Physical Skill Course #3	1	X	
EXS 471 Ex. Programs for Special Pops	3	X		General Elective	3		
EXS 415 Evaluation in HHP	3	X		General Elective	3		
Approved HSHP Elective #3	3	X					
EXS 479 Internship Preparatory Experience	1	X					
Semester Total	16			Semester Total	15		

Degree Total hours: 120 hours

Assumptions: College-level readiness in Math and English; no Foreign Language Deficiency

College / Program Notes:

The plan above is a suggested guide to ensure that all Core Curriculum, College, University, and Major requirements are met within 4 years of study. Students may deviate from the suggested placement of Core Curriculum courses.

Last Updated August 2025

* 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.

Core Curriculum Key:	QFR = Quantitative & Formal Reasoning (one course)
IL = Inquiry Launch (one course)	RPW = Research & Professional Writing (one course, C or better required)
FYV = Finding Your Voice (one course, C or better required)	HCC = Human Culture & Creativity (one course)
SHB = Society & Human Behavior (one course)	WAC/SPAC = Writing/Speaking Across the Curriculum Req (2 courses, one in the major)
SI = Scientific Inquiry (two courses, one lab credit)	ACL = American Civic Literacy
GHP = Global Human Perspectives (one course)	CPS = Complexities of a Pluralistic Society (one course)
** Inquiry Launch requirement is waived for transfer students.	DDL = Data & Digital Literacy (one course, can be satisfied by a second FQR course)

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Bachelor of Science in Exercise Science: Pre-Physical Therapy Track

Name _____

I.D. No. _____

Curriculum Sheet (Effective Fall 2025)

First Year

Fall Semester		Credits	Major	Core	Spring Semester		Credits	Major	Core
INQ 150 Healthy Lifestyle Choices (recommended)	3	X	IL	COH 102 Writing in Health Prof (recommended)	3		RPW		
Finding Your Voice Elective	3		FYV	STA 347 Applied Statistics OR PSY 317	3	X			
PSY 101 Intro to Psychology	3	X	SHB	PHL 240 Health Care Ethics	3	X	HCC		
STA 147 Statistical Concepts	3	X	QFR	EXS 205 Intro to Exercise Science	3	X			
CHM 251/256 College Chemistry I/Lab	4	X	SI	CHM 252/257 College Chemistry II/Lab	4	X	SI		
Semester Total	16			Semester Total	16				

Second Year

Fall Semester		Credits	Major	Core	Spring Semester		Credits	Major	Core
BIO 266/267 Anatomy & Physiology I / lab	4	X		BIO 268/269 Anatomy & Physiology II / lab	4	X			
BIO 200/201 Introductory Biology I/Lab	4	X		PHY 222 College Physics II	5	X			
PHY 221 College Physics I	5	X		EXS 315 Group Exercise Instruction	3	X			
Global Human Perspectives Elective	3		GHP	HED 360 Health Prom. In the Workplace	3	X			
PES 105 Weight Training	1	X		PES Physical Skills Course	1	X			
Semester Total	17			Semester Total	16				

Third Year

Fall Semester		Credits	Major	Core	Spring Semester		Credits	Major	Core
American Civic Literacy Elective	3		ACL	HSC 205 Social & Cultural Determinants of Health OR SOC 250 Diversity & Sport	3	X	CPS		
HED 450 Theories of Health Behavior	3	X		EXS 470 Ex. Testing and Prescription	3	X			
EXS 322 Anatomical Kinesiology	3	X		EXS 475 Nutrition and Physical Activity	3	X	WAC		
EXS 324 Physical Fitness-PES 140 Aerobic Fitness	1	X		EXS 494 Biomechanics	3	X			
EXS 325/326 Physiology of Exercise / lab	4	X		EXS 483/484 Strength and Conditioning/Lab	3	X			
Semester Total	14			Semester Total	15				

Fourth Year

Fall Semester		Credits	Major	Core	Spring Semester		Credits	Major	Core
EXS 439 Therapeutic Recreation/Disability	3	X		EXS 480 Internship	8	X			
EXS 472 Physiology and Aging	3	X		Data and Digital Literacy	3		DDL		
EXS 471 Ex. Programs for Special Pops	3	X		EXS 328 Legal/Admin or PE/Sport	3	X	WAC		
EXS 415 Evaluation in HHP	3	X							
EXS 479 Internship Preparatory Experience	1	X							
Semester Total	13			Semester Total	14				

Degree Total hours: 121 hours

Assumptions: College-level readiness in Math and English; no Foreign Language Deficiency

College / Program Notes:

The plan above is a suggested guide to ensure that all Core Curriculum, College, University, and Major requirements are met within 4 years of study. Students may deviate from the suggested placement of Core Curriculum courses.

^It is recommended to take HSC 475/457 Gross Anatomy/Lab prior to starting the DPT program. Students can take these courses over the summer or as a postbaccalaureate student.

Last Updated August 2025

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