# Exercise Science

## Fall Semester

### 1st Semester: ____________
- BIOL 114 Introduction to Cellular Biology  
- CHEM 175 Fundamental Chemical Principles I  
- INTD 100 First Year Seminar I  
- ENGL 104 or ENGL 110 (Honors)  

### 2nd Semester: ____________
- BIOL 241 Anatomy and Physiology I  
- CHEM 176 Fundamental Chemical Principles II  
- INTD 116 First Year Seminar II  
- MATH 110 Elementary Statistics  
- PSYC 100 Intro to Psychology  

## Spring Semester

### 3rd Semester: ____________
- BIOL 242 Anatomy and Physiology I  
- SPST 200 Athletic Injury Care & Prevention  
- PSYC 238 Human Development Through Lifespan  
- CORE: PHIL 110 or PHIL 120  
- CORE: RELS 125  

### 4th Semester: ____________
- SPST 202 Exercise Physiology  
- NUTR 220 Fundamentals of Nutrition  
- BIOL 117 Intro to Evolution & Kingdoms  
- PUBH 107 Health Informatics (IT CORE)  
- CORE/Elective: LITERATURE  

## Fall Semester

### 5th Semester: ____________
- EXSC 310 Clinical Kinesiology & Ex Physiology  
- NUTR 236 Sports Nutrition  
- EXSC 325 Motor Control & Learning  
- RELS 301 Moral Issues  
- HIST 325 Epidemics in World History  

### 6th Semester: ____________
- EXSC 340 Strength & Conditioning Health/Performance  
- EXSC XXX Biomechanics of Human Movement  
- INTD 301 Mercy Integrative Seminar  
- CORE/Elective: FIAR  
- CORE/Elective: SPAN 154 Spanish for Health Professions  

## Spring Semester

### 7th Semester: ____________
- NUTR 245 Health Promotion Strategies  
- EXSC XXX Health and Fitness Assessment  
- EXSC 405 Exercise Prescription  
- EXSC 475 Internship in Exercise Science I  
- Elective: PHYS 130 Introductory Physics I  

### 8th Semester: ____________
- NUTR 305 Health Coaching  
- EXSC 425 Exercise Program Design & Management  
- EXSC 485 Internship in Exercise Science II  
- CORE/Elective: MWGS  
- Elective: PHYS 140 Introductory Physics II  

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**NOTE:** This is an unofficial worksheet and is subject to change. The responsibility to register for the necessary courses in the proper sequence to meet the academic program requirements rests with the student. Please consult your advisor every semester, and the USJ catalog, for the most up-to-date degree program requirements.