

Exercise and Sports Science Emphasis

Associate of Science

Total credits: 93.0

■ Major Course
 ■ General Education Course
 ■ Elective Course
 ■ Milestone



Term 1 Fall 15.0 credits	Term 2 Winter 17.0 credits	Term 3 Spring 17.0 credits
PE 131 — Intro to Health and Physical Education — 3.0 credits — Major Course	PE 231 — Lifetime Health and Fitness — 3.0 credits — Major Course	PE 212 — Sociocultural Dimensions of Physical Activity — 3.0 credits — Major/General Education Course
MTH 111Z — Precalculus I: Functions — 4.0 credits — General Education Course	CH 122 — College Chemistry II — 5.0 credits — Elective Course or BI 101 General Biology: Ecology and Biodiversity or BI 112 Cell Biology for Health Occup or BI 234 Microbiology or CH 222Z/CH 228Z General Chemistry II or CRS 130 General Medical Terminology	CH 123 — College Chemistry III — 5.0 credits — Elective Course or CH 150Z Preparatory Chemistry or CH 223Z/CH 229Z General Chemistry III or HE 151 Drugs in Society or MTH 112Z Precalculus II: Trigonometry or STAT 243Z Elementary Statistics I
MTH 111Q — Corequisite for MTH 111Z — 1.0 credits — General Education Course	PSY 201Z — Introduction to Psychology I — 4.0 credits — Major/General Education Course	WR 227Z — Technical Writing — 4.0 credits — General Education Course
HE 110 — First Aid and CPR — 1.0 credits — Major Course or HE 261 Red Cross Adult/Infant First Aid, CPR/AED, and Emergency Response	WR 121Z — Composition I — 4.0 credits — General Education Course	BI 221Z — Principles of Biology: Cells — 4.0 credits — Elective Course or BI 112 Cell Biology for Health Occup
CH 121 — College Chemistry I — 5.0 credits — General Education Course or CH 221Z/CH 227Z General Chemistry I	WR 121Q — Corequisite for WR 121Z — 1.0 credits — General Education Course	PE 180 — PE Activity Course — 1.0 credits — Major Course
PE 180 — PE Activity Course — 1.0 credits — Major Course	Milestone: Meet with your academic advisor	Milestone: Meet with your academic advisor
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Term 4 Fall 16.0 credits	Term 5 Winter 15.0 credits	Term 6 Spring 13.0 credits
PE 270 — Sport Psychology — 3.0 credits — Major Course	PE 211 — Motor Learning and Skills Acquisition — 4.0 credits — Major Course	PE 194H — Foundations of Strength Training and Conditioning — 4.0 credits — Major Course
BI 231Z — Human Anatomy and Physiology I — 4.0 credits — Major Course	PSY 202Z — Introduction to Psychology II — 4.0 credits — Major Course or SOC 204Z Introduction to Sociology	BI 233Z — Human Anatomy and Physiology III — 4.0 credits — Major Course
COMM 218Z — Interpersonal Communication — 4.0 credits — General Education Course or COMM 111Z Public Speaking	ANTH 110 — Introduction to Cultural Anthropology — 3.0 credits — General Education Course or other Arts and Humanities - Global course from the catalog	BI 222Z — Principles of Biology: Organisms — 5.0 credits — Elective Course or BI 223Z Principles of Biology: Ecology and Evolution or PE 280A CWE Physical Education or PE 180 PE Activity Course or PH 201 General Physics
ENG 104Z — Introduction to Fiction — 4.0 credits — General Education Course or other Arts and Humanities - General course from catalog	BI 232Z — Human Anatomy and Physiology II — 4.0 credits — Major Course	
PE 180 — PE Activity Course — 1.0 credits — Major Course		
Milestone: Meet with your academic advisor		
Milestone: Apply for graduation		

This program map represents one possible pathway through the program and is for reference only. Make an appointment with the [First Resort](#) (prospective students) or [Advising](#) (current students) to receive personalized guidance.