

Exercise Science

Curriculum Map - Self-Designed Major

Core Exploration Courses

Course#	Requirement	Description	Credits
AMC 100	Gen Education	First Year Experience	3
ENG 102	Gen Education	Developmental Writing	3
ENG 103	Gen Education	Freshman Composition	3
ENG 104	Gen Education	Writing Through Literature	3
PHL 110	Gen Education	Introduction to Philosophy	3
BIO 103	Natural Science	BIO 103 General Biology	3
THE 210	Gen Education	Intro to Theology	3
Exploration course	Western Culture In History		
Exploration course	Global Language	Language 1 - Conversational	3
Exploration course	Global Language	Language 2	3
Exploration course	Creativity and Imagination		
Exploration course	Societies of the World	Societies of the World	3
ENG 307	Writing for Career	ENG 307 Professional Writing	3
Exploration course	US in the World	US in the World	3
Exploration course	Global Dynamics		
Exploration course	Catholic Intellectual Tradition		3
Exploration course	Quantitative Reasoning	Statistics Course	3
		Senior Seminar	
HCS 490		1/Capstone	3
HCS 491		Senior Seminar II	3

CORE COURSES

Course#	Course Title	Credits
BIO 130	Nutrition	3
BUS 110	Leadership	3
PSY 101	Introduction to Psychology	3
BIO 115	Medical Terminology	3
SOC 201	Introduction to Sociology	3
BIO 212	Anatomy and Physiology 1 + LAB	4

BIO 213	Anatomy and Physiology 2 + LAB	4
EMS 220	EMT or CPR and First Aid	3 (CPR First Aid) or 8 (EMT)
BIO 240	Exercise Physiology	3
Consort*EXS 300	Assessment and Prescription in Health and Wellness	3
Consort*	Advanced Personal Training (APT) Certification	3
Consort*	Health and Fitness Skills	3
BUS 262	Intro Sports Management	3
Consort* EXS 400	Structural Kinesiology	3
Consort* EXS 401	Principals of Strength Training (Cert)	3
BUS 499	Field Experience-Internship	3
BUS 490	Capstone	3

General Electives (5)

Course#	Description - Examples Only
	Stress Management
	Life Fitness
	Nutrition and Sports
	Life Span Motor Development
Consort*	Elective not needed of ENG 102 taken
all Taken Through Cross Enrollment Program	Course completed through HECCMA Consortium HECCMA – Higher Education Consortium Central MA