

CENTRAL CONNECTICUT STATE UNIVERSITY

School of Education and Professional Studies

B.S. EXERCISE SCIENCE 120 Credits

Specialization: Strength & Conditioning/ Personal Fitness Training

Program Accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP)

Name: _____ ID#: _____ Matriculation Semester: _____ Date: _____

GENERAL EDUCATION

Crs.	Grd.
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Some General Education courses may also fulfill Related Requirements

STUDY AREAS

Study Area I Arts & Humanities (9 credits)

ENG Literature (L)	3	
	3	
	3	

Study Area II Social Sciences (9 credits)

HIST	3	
	3	
	3	

Study Area III Behavioral Sciences (6 credits)

(PSY 112 Introduction to Psychology)	X	
(PSY 136 Life Span Development)	X	

Study Area IV Natural Sciences (6 - 8 credits)

(CHEM 161 General Chemistry)	X	
(PHYS 111 or PHYS 121)	X	

SKILL AREAS

Skill Area I Communication Skills (6 credits)

WRT 105 & 105P or WRT 110 Freshman Composition	3	
	3	

Skill Area II Mathematics Requirement (6 credits)

(STAT 104 or STAT 200 or STAT 215)	X	
	3	

Skill Area III Foreign Language Proficiency Requirement (check one)

- completion of a level-three high school foreign language	
- passed a standardized foreign language exam	
- completion of 112 or higher foreign language course	
- demonstration of native proficiency in a language other than English	

Skill Area IV University Requirement (2 or 3 credits)

PE 144 required for students matriculating with fewer than 15 credits	2 or 3	
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Equity, Justice & Inclusion (EJI) Requirement	met	
International (I) Requirement	met	
International (I) Requirement	met	
First Year Experience Requirement	met	

ELECTIVES (as necessary to reach 120 credits)

	3	
	3	

EXERCISE SCIENCE MAJOR (71 credits)

CORE COURSES (56 credits)

EXS 109 Introduction to Human Performance	3	
EXS 207 Anatomy and Physiology in Exercise Science I &	3	
EXS 211 Anatomy and Physiology in Exercise Science I Lab	1	
EXS 208 Anatomy and Physiology in Exercise Science II &	3	
EXS 212 Anatomy and Physiology in Exercise Science II Lab	1	
EXS 215 Physiological and Human Performance of Aging	3	
EXS 216 Biomechanics	3	
EXS 301 Applied Kinesiology	3	
EXS 307 Human Nutrition	3	
EXS 325 Organization and Management in Exercise Science	3	
EXS 332 Psychological Aspects of Exs and Sport Medicine	3	
*EXS 408 Physiology of Sport and Exercise	3	
*EXS 411 Research Methods in Exercise Science	3	
*EXS 415 Fitness Assessment and Exercise Prescription	3	
*EXS 409 Clinical Exercise Physiology	3	
EXS 417 Prevention and Care in Sports Medicine	3	
*EXS 421 Pharmacology in Sports Medicine	3	
*EXS 450 Practicum in Exercise Science	3	
*EXS 470 Internship in Exercise Science	6	

Strength & Conditioning/ Personal Fitness Training Specialization (15 credits)

EXS 275 Training for Sport Performance	3	
EXS 280 Leadership in Exercise & Wellness	3	
EXS 376 Theories of Strength Training & Conditioning	3	
EXS 405 Exercise and Sport Nutrition	3	
BMS 102 Introduction to Biomolecular Science	3	

RELATED REQUIREMENTS (15-16 credits)

Required for the Program & can also fulfill General Education

Requires a C- or better

PSY 112 Introduction to Psychology (ST III)	3	
PSY 136 Life Span Development (ST III)	3	
CHEM 161 General Chemistry (ST IV)	3	
PHYS 111 Introductory Physics or PHYS 121 (ST IV)	3 or 4	
STAT 104 or STAT 200 or STAT 215 (SK II)	3	

* Formal admission the the Exercise Science Program is required before taking this course; Grade of C or better required