

**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 (44 - 47 credits)**

|      |      |
|------|------|
| Crs. | Grd. |
|------|------|

*Some General Education courses may also fulfill Related Requirements*

**STUDY AREAS**

**Study Area I Arts & Humanities (9 credits)**

|                |   |  |
|----------------|---|--|
| ENG literature | 3 |  |
|                | 3 |  |
|                | 3 |  |

**Study Area II Social Sciences (9 credits)**

|      |   |  |
|------|---|--|
| HIST | 3 |  |
|      | 3 |  |
|      | 3 |  |

**Study Area III Behavioral Sciences (6 credits)**

|  |   |  |
|--|---|--|
|  | 3 |  |
|  | 3 |  |

**Study Area IV Natural Sciences (6 - 8 credits)**

|  |   |  |
|--|---|--|
|  | 3 |  |
|  | 3 |  |

**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)**

|  |   |  |
|--|---|--|
|  | 3 |  |
|  | 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 |  |
|---|--------|--|

|   |     |  |
|---|-----|--|
| Equity, Justice & Inclusion (EJI) Requirement | met |  |
| International Requirement                     | met |  |
| International Requirement                     | met |  |
| First Year Experience Requirement             | met |  |

**ELECTIVES (as necessary to reach 120 credits)**

|  |  |  |
|--|--|--|
|  |  |  |
|  |  |  |

**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