

ACADEMIC MAP

Exercise Science (B.S.)

EXERCISE PHYSIOLOGY CONCENTRATION



**FAIRMONT STATE
UNIVERSITY™**

College of Education, Health &
Human Performance

First Semester

COURSE	CREDIT HOURS	SIGNIFICANCE
PHED 1100 Fitness & Wellness or PHED 2200 Accident Analysis & Emerg. Care	2	Fit. & Well. Major
PHED 1121 Intro to Human Movement	2	Major
MATH 1430* or 1530* Recommended College Algebra w/ Support or College Algebra	3-4	Mathematics
ENGL 1101 Written English I	3	Writ. Comm.
BIOL 1105 (Fall Only) Recommended **	4	Nat. Science
SOAR 1100 or HONR 1100	1	First Yr. Sem
Total	15-16	

Second Semester

COURSE	CREDIT HOURS	SIGNIFICANCE
PHED 1100 Fitness & Wellness or PHED 2200 Accident Analysis & Emerg. Care	2	Fit. & Well. Major
PHED 2211 Anatomy & Physiology	4	Major (C Req)
PHED 3314 Group Fitness	2	Major
ENGL 1102 Written English II	3-4	Writ. Comm
BIOL 1106** (Spring Only) Recommended	4	Elective
Total	15-16	

Third Semester

COURSE	CREDIT HOURS	SIGNIFICANCE
PHED 3312 Physiology of Exercise PR 2211	3	Major (C Req)
NUTR 1110 Nutrition or NUTR 1145 Sports Nutrition	3	Major
HIST 1107, HIST 1108, or POLI 1100, or RECR 1141	3	Citizenship
CHEM 1105**	5	Major
PSYC 1101 Intro to Psychology	3	Social Science
Total	17	

Fourth Semester

COURSE	CREDIT HOURS	SIGNIFICANCE
PHED 3313 Biomechanics PR PHED 2211	3	Major (C Req)
PHED 3316 Fitness Assessment PR PHED 3312	3	Major (C Req)
HLTA 1150 Intro to Health Education	3	Major
Electives^	6	Electives
Total	15	

Bachelor of Science in Exercise Science First Year

- Begin Core Curriculum Requirements
- Take introductory Exercise Science courses.
- Maintain a minimum grade point average of 2.0.
- Earn the required grade of 'C' or better in PHED 2211 which serves as a prerequisite for the next level of courses.
- Consider options for 30-35 credit hours of free electives that include: adding a second major, a minor, and/or fulfilling prerequisite requirements for professional school admission. (Physical Therapy, Occupational Therapy, Medicine, Athletic Training, Physician's Assistant, Chiropractor)
- Preparation for admission to professional programs (Physical Therapy, Occupational Therapy, Medicine, Physician's Assistant, etc.) after graduation requires successful completion of a minimum of 8 sciences (BIOL, CHEM, PHYS). It is suggested that students complete one science course per semester in school.
- **BIOL 1105 is not required for Occupational Therapy
- **BIOL 1106 is not required for Athletic Training. If CHEM 1101 is needed, recommend taking in place of BIOL 1105 or 1106 in the second semester and move CC 4 course to another semester.

Bachelor of Science in Exercise Science Second Year

- Continue to fulfill Core Curriculum Requirements.
- Take next level Exercise Science courses.
- Maintain a minimum grade point average of 2.0.
- Earn the required grade of 'C' or better in PHED 3312, PHED 3313 and PHED 3316. These courses serve as prerequisites for the next level of courses and to keep you on track to graduate.
- **CHEM 1105 is required as prerequisite for most professional schools. It is not required to get an Exercise Physiology concentration degree.
- Elective courses can be used for completing prerequisite requirements for professional school admission.
- Declare this concentration at the end of the fourth semester if you have not done so already.

CONTACT INFORMATION:

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Fifth Semester

COURSE	CREDIT HOURS	SIGNIFICANCE
PHED 1180 Medical Terminology	3	Major
PHED 3318 Sport Social Psychology PR PSYC 1101	3	Major
COMM 2200 or 2201 or 2202 (Select 1)	3	Oral Comm
Humanities – Any Course	3	Humanities
Electives	3	Electives
Total	15	

Bachelor of Science in Exercise Science

Third Year

- Maintain a minimum grade point average of 2.0.
- Courses in this year have a 'C' or better prerequisite that must be met to enroll in the course.
- Students preparing for admission to professional programs (Physical Therapy, Occupational Therapy, Medicine, Physician's Assistant, etc.) after graduation should be checking the prerequisite requirements for the programs you are planning to apply.

START YOUR MASTER'S DEGREE IN EXERCISE SCIENCE AS YOU COMPLETE YOUR BACHELOR'S DEGREE.

#Before you take PHED 3360, PHED 4400, and PHED 4410, talk to your advisor. You can substitute master's level courses and count them for BOTH your undergraduate and graduate degree.

Sixth Semester

COURSE	CREDIT HOURS	SIGNIFICANCE
PHED 3315 Advanced Personal Training PR PHED 3312	3	Major
PHED 3317 Clinical Applications PR PHED 3316	3	Major
Electives	9	Electives
Total	15	

Seventh Semester

COURSE	CREDIT HOURS	SIGNIFICANCE
PHED 3360 Strength & Conditioning # PR PHED 3313	3	Major
PHED 4400 Research Methodology # PR PHED 3316	3	Major (C Req)
Fine Arts – any course	3	Fine Arts
Electives	3	Electives
Total	12	

Eighth Semester

COURSE	CREDIT HOURS	SIGNIFICANCE
PHED 4410 Research Design Seminar # PR PHED 4400 Writing Intensive Course	3	Major
PHED 4420 Exercise Science Internship PR PHED 3316	3	Major
Electives	6	Electives
Total	12	

Notes:

Bachelor of Science in Exercise Science

Fourth Year

- Apply for graduation the semester prior to when you plan to graduate.
- Have a degree audit completed by the Registrar's office.
- Complete 120 credit hours of course work fulfilling the requirements of the major and the core curriculum.
- Maintain a minimum grade point average of 2.0.
- PHED 4400 and PHED 4410 may not be taken in the same semester.
- Gain pre-approval from the course instructor for PHED 4420, Exercise Science Internship.

Note: This is a suggested course sequence and is meant to be a guide. The Core Curriculum courses are recommendations only. Check the Undergraduate Catalog for entrance year to Fairmont State to learn more about the graduation requirements for this major. Sep. 25, 2026

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