

ACADEMIC MAP

Exercise Science (B.S.)



FAIRMONT STATE
UNIVERSITY™

School of Education, Health
& Human Performance

FRESHMAN FIRST SEMESTER			14-15 hours	
COURSE			CR	Grd
PHED	1100	Fitness & Wellness* Meets CC 11	2	
PHED	1121	Intro to Human Movement	2	
HLTA	1150	Intro to Health Education	3	
CC	5	MATH 1407 or higher	3-4	
CC	2	ENGL 1101	3	
CC	1	SOAR 1100	1	

Bachelor of Science in Exercise Science Freshman Year

- Begin Core Curriculum Requirements
- Take introductory Exercise Science courses.
- Maintain a minimum grade point average of 2.0.
- Must get a 'C' or better in PHED 2211. It is a pre-requisite for the next courses you must take.
- There are 33-38 free electives. Students may use these credits to complete a second major, a minor, and/or fulfill pre-requisite requirements for professional school admission. (PT, OT, Medicine, Athletic Training, Physician's Assistant)
- Exercise science students preparing for admission to professional programs (Physical Therapy, Occupational Therapy, Medicine, Physician's Assistant) after graduation need to successfully complete a minimum of 8 sciences (BIOL, CHEM, PHYS). It is suggested that students complete one science course per semester in school.

FRESHMAN SECOND SEMESTER			15 hours	
COURSE			CR	Grd
PHED	2200	Accident Ana. & Emerg. Care	2	
PHED	2211	Anatomy & Physiology	4	
CC	3	ENGL 1102	3	
CC	4	COMM 2200, COMM 2201 or COMM 2202	3	
CC	10	Citizenship - Any Course in CC 10	3	

SOPHOMORE FIRST SEMESTER			15 - 16 hours	
COURSE			CR	Grd
PHED	3312	Physiology of Exercise	3	
HLTA	1110	Nutrition	3	
CC	8	CHEM 1101 or CHEM 1105	4-5	
CC	9	PSYC 1101	3	
		Elective	2-3	

Bachelor of Science in Exercise Science Sophomore Year

- Continue to fulfill Core Curriculum Requirements.
- Take next level Exercise Science courses.
- Maintain a minimum grade point average of 2.0.
- Must get a 'C' or better in PHED 3312, PHED 3313 and PHED 3316 to stay on track to graduate.
- They are all pre-requisites for the next courses you must take.

SOPHOMORE SECOND SEMESTER			15 hours	
COURSE			CR	Grd
PHED	3313	Biomechanics	3	
PHED	3316	Fitness Assessment	3	
PHED	3318	Sport Social Psychology	3	
CC	7	Fine Arts - Any Course in CC 7	3	
		Elective	3	

CONTACT INFORMATION:

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JUNIOR FIRST SEMESTER			15 hours	
COURSE			CR	Grd
PHED	3314	Group Fitness	3	
CC	6	Humanities - Any Course in CC 6	3	
Electives			8	

JUNIOR SECOND SEMESTER			15 hours	
COURSE			CR	Grd
PHED	3315 or 3350	Advance Personal Training or Phys. Activity & Fitness Educ.	3	
PHED	3317	Clinical Applications	3	
Electives			9	

SENIOR FIRST SEMESTER			15 hours	
COURSE			CR	Grd
PHED	3360	Strength & Conditioning	3	
PHED	4400	Research Methodology	3	
Electives			9	

SENIOR SECOND SEMESTER			15 hours	
COURSE			CR	Grd
PHED	4410	Research Design Seminar Writing Intensive Course	3	
PHED	4420	Exercise Science Internship	3	
Electives			9	

Notes:

Bachelor of Science in Exercise Science Junior Year

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

Bachelor of Science in Exercise Science Senior 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 while maintaining a minimum grade point average of 2.0.
- PHED 4400 and PHED 4410 may not be taken in the same semester.
- Internships must be approved by the course instructor.

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 29, 2020 11:22 AM

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