

Model Schedule

Exercise Science (B. S.)

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FRESHMAN FIRST SEMESTER			CR
GS	2	Quantitative Literacy: Math 1407 Fund.Concepts or higher	3
GS	3	Written Communication: ENGL 1101 Written English I	3
GS	8	Citizenship: HIST 1107, HIST 1108, POLI 1103	3
GS	10	Health & Well-being: PHED 1100 Fitness & Wellness	2
PHED	1121	Intro to Human Movement	2
HLTA	1150	Intro to Health Ed.	3
			16

FRESHMAN SECOND SEMESTER			CR
GS	1, 5	Critical Analysis & Information Literacy: ENGL 1102 Written English II	3
GS	4	Teamwork: COMM 2200, COMM 2201 or RECR1141	3
GS	9	Ethics: SOCY 1110 Introductory Sociology	3
PHED	2200	Accident Analysis & Emergency Care	2
PHED	2211	Anatomy & Physiology	4
			15

SOPHOMORE FIRST SEMESTER			CR
GS	6	Tech Literacy: Any class that meets Outcome 6	3
GS	14	Social Science: PSYC 1101	3
GS	15	Natural Science: CHEM 1101 or CHEM 1105	4
PHED	3312	Physiology of Exercise	3
Elective			3
			16

SOPHOMORE SECOND SEMESTER			CR
GS	12	Fine Arts: Any class that meets Outcome 12	3
PHED	3313	Biomechanics	3
PHED	3316	Fitness Assessment	3
PHED	3318	Sport Social Psychology	3
Elective			3
			15

JUNIOR FIRST SEMESTER			CR
GS	7	Oral Communications: SOCY 1110	3
GS	13	Humanities: Any class that meets Outcome 16	3
GS	16	Cultural Awareness & Human Dignity: Any class that meets Outcome 16	3
HLTA	1110	Nutrition	3
PHED	3314	Group Fitness	2
			14

JUNIOR SECOND SEMESTER			CR
GS	11	Interdisciplinary & Lifelong Learning: Any class that meets Outcome 11	3
PHED	3315/ 3350	Advanced Personal Training or Physical Activity & Fitness Education	3
PHED	3317	Clinical Applications	3
Electives			6
			15

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

SENIOR SECOND SEMESTER			CR
PHED	4410	Research Design Seminar Writing Intensive	3
PHED	4420	Exercise Science Internship	3
Electives			8
			14



Note: This model schedule is a *suggested course sequence* and is meant to be used as a *guide*. The courses suggested to meet General Studies outcomes are recommendations only. Students should check the *Undergraduate Catalog* for their entrance year into Fairmont State (or any subsequent catalog) to learn more about the graduation requirements for their major. (Updated 9.19.19 jk)