



PROGRAM: Exercise and Sports Science

This plan is an example of how you can earn your degree in four years.
You may work with your advisor to customize the plan to fit your circumstances.

2020-21

| FALL - 2020 | cr. | SPRING - 2021 | cr. | J.TERM & SUMMER | cr. |
|--|-----|-------------------------------|-----|-----------------|-----|
| FYS AHS 1620 Nut for Optimal Health & Wellness | 3 | INT 1053 Soundings II | .5 | | |
| ENG 1061 Eng Comp | 3 | ENG 1070 Effective Speaking | 3 | | |
| INT 1051 Soundings I | 1 | CHE 1042 General Chemistry II | 4 | | |
| CHE 1041 General Chemistry I | 4 | Gen Ed* | 3 | | |
| Gen Ed* | 3 | Elective** | 3 | | |
| Gen Ed* | 3 | Elective** | 3 | | |
| | | Quantitative Reasoning Exam | | | |

NOTES: Students could take BIO 2011 Anatomy & Phys instead of CHE 1041

Total credits after Year One: 33.5

2021-22

| FALL - 2021 | cr. | SPRING - 2022 | cr. | J.TERM & SUMMER | cr. |
|-----------------------------|-----|----------------------------|-----|-----------------|-----|
| BIO 2011 Anatomy & Phys I | 4 | BIO 2012 Anatomy & Phys II | 4 | | |
| AHS 3150 WI: Phys of Ex | 4 | Major elective*** | 3 | | |
| BUS 1270 Prin Comp Info Sys | 3 | Gen Ed* | 3 | | |
| Gen Ed* | 3 | Gen Ed* | 3 | | |
| | | ENG 2260 Touchstones | 3 | | |
| | | | | | |
| Information Literacy Exam | | | | | |

NOTES:

Total credits after Year Two: 63.5

*Menu of Gen Ed courses

- 10 cr. Scientific & Mathematical Understanding
- 6 cr. Aesthetic Understanding
- 6 cr. Social & Behavioral Understanding
- 6 cr. World Views

** While many students take additional major electives in their program beyond those required, electives could be any courses offered at Castleton University.

2022-23

| FALL - 2022 | cr. | SPRING - 2023 | cr. | J.TERM & SUMMER | cr. |
|---|-----|---|-----|-----------------|-----|
| INT 3054 Jr. Soundings | .5 | AHS 3820 Practicum in Exercise Leadership | 3 | | |
| AHS 2170 Str Training Principles | 2 | Major elective*** | 3 | | |
| PED 2160 Emergency Care & Personal Safety | 3 | Elective** | 3 | | |
| AHS 3120 Kinesiology | 3 | Elective** | 3 | | |
| Major elective*** | 3 | Elective** | 3 | | |
| Elective** | 3 | | | | |
| | | <i>Submit Application for Degree</i> | | | |

NOTES:

Total credits after Year Three: 93**2023-24**

| FALL - 2023 | cr. | SPRING - 2024 | cr. | J.TERM & SUMMER | cr. |
|---|-----|---|-----|-----------------|-----|
| AHS 4152 Pathophysiology & Clinical Exercise Physiology | 3 | AHS 4160 Clinical Ex Testing & Prescription | 4 | | |
| AHS 4220 Sci Foun Str & Con I | 3 | AHS 4221 Sci Foun Str & Con II | 3 | | |
| PED 4910 WI/SI: Senior Thesis | 3 | AHS 4250 Clinical ECG | 3 | | |
| Elective AHS 4830 Internship (1-12 cr) -or- AHS 4912 Senior Res | 3 | AHS 4260 Nut Metabolism & Performance | 3 | | |
| Elective** | 3 | Elective** | 3 | | |
| | | | | | |
| | | | | | |

NOTES: *Need at least 120 cr. to graduate*Total credits after Year Four: 124*****Major elective courses include (complete 9 credits):**

AHS 1070 Basic Athletic Training; AHS 3813 Pharmacology & Gen. Med. Cond.; BIO 2010 Cell & Mol. Biology; BIO 2125 Microbiology; BIO 3070 Genetics; BIO 3240 Adv. Human Phys.; CHE 2111 Organic I; CHE 2112 Organic II; CHE 3011 Biochemistry; MAT 2021 Stats I; PED 2140 Fitness Center Mang.; PED 2072 Adv. Strength & Cond.; PED 4020 Applied Nut. & Weight Control; PHY 1051 Gen. Physics I; PHY 1052 Gen Physics II; PSY 1050 Human Growth and Development; PSY 3130 Health Psychology.