



This plan is an example of how you can earn your degree in four years.

PROGRAM: Exercise & Sports Science – Strength & Conditioning

You should work with your advisor to customize the plan to fit your circumstances.

Credits in Major:

YEAR ONE

FALL	cr.	SPRING	cr.	J.TERM & SUMMER	cr.
*Connections Seminar 1 (AA or HP)	4	Gen. Ed. Elective (AA or HP)	3	<i>Summer is a good time to catch up or to repeat classes for grade improvement if needed.</i>	
ENG-1061 English Composition	3	ENG-1070 Effective Speaking	3		
BIO-2011 Human A & P I or CHE-1041 Gen Chemistry I	4	BIO-2012 Human A & P II or CHE-1042 Gen Chemistry II	4		
AHS-1310 Foundations of Exercise & Health Professions	3	AHS-1070 Basic Athletic Training	3		
		BUS-1270 Prin Computer Info Sys (DCL)	3		
Total credits	14	Total credits	16		

NOTES: *Select a Connections Seminar from the AA or HP area.

Total credits after Year One (THINK 30): 30

YEAR TWO

FALL	cr.	SPRING	cr.	J.TERM & SUMMER	cr.
BIO-2011 Human A & P I or CHE-1041 Gen Chemistry I	4	BIO-2012 Human A & P II or CHE-1042 Gen Chemistry II	4	<i>Summer is a good time to catch up or to repeat classes for grade improvement if needed.</i>	
AHS-3120 Kinesiology	3	Gen. Ed. Elective (MAT – Recommend MAT-1350 or MAT-2021)	3		
AHS-3150 Physiology of Exercise (WI)	4	AHS-3120 Kinesiology	3		
PED-2160 Emergency Care & Personal Safety	3	PED-2140 Fitness Center Management	3		
PED-2070 Conditioning	2	Connections Seminar 2 (CNX2)	3		
Total credits	16	Total credits	16		

Total credits after Year Two (THINK 60): 62

NOTES: Sign up for Connections Seminar 2 this year. Consider adding a minor (*suggestions include Nutrition, Psychology, and Coaching*).

General Education Program Requirements

- ENG 1061 English Composition
- 2 Writing Intensive courses
- ENG 1070 Effective Speaking
- 1 Speaking Intensive course
- 1 Digital & Computing Literacy course

No more than 1 course
with same prefix for
credit throughout the
Areas of Understanding

- 3 cr. Mathematics
- 3 cr. Natural Science
- 6 cr. Social Science
- 6 cr. Arts & Aesthetics
- 6 cr. Humanistic Perspectives

YEAR THREE

FALL	cr.	SPRING	cr.	J. TERM & SUMMER	cr.
AHS -3820 Practicum in Exercise Leadership	3	AHS-2170 Strength Training Principles	3	<i>Summer is a good time to catch up or to repeat classes for grade improvement if needed.</i>	
AHS-4160 Clinical Exercise Testing & Prescription	4	PED-2072 Advanced Strength & Conditioning	1		
Gen. Ed. Elective (AA or HP)	3	Gen. Ed. Elective (AA or HP)	3		
Elective (Recommend PED-4020 Applied Nutrition & Weight Control)	3	AHS-4152 Pathophysiology & Clinical Exercise Physiology	3		
Connections Seminar 3 (CNX3)	1	Elective	3		
		Elective	3		
		<i>Submit Application to Graduate</i>			
Total credits	14	Total credits	16		

NOTES: Sign up for Connections Seminar 3 this year.

Total credits after Year Three (THINK 90):92

YEAR FOUR

It is recommended that these students add a minor (*suggestions include Nutrition, Psychology, and Coaching*).

FALL	cr.	SPRING	cr.	J. TERM & SUMMER	cr.
AHS-4220 Scientific Foundations of Strength & Conditioning	3	AHS Scientific Foundations of Strength & Conditioning II	3		
AHS-4830 Internship in Exercise Science (1-12 cr., 3 cr. Required) or AHS-4912 Senior Research in Exercise Science	3	AHS 4260 Nutrient Metabolism & Performance	3		
PED-4910 Senior Thesis (SI/WI) or Elective*	3	PED 4910 Senior Thesis ((SI/WI) or Elective*	3		
Elective*	3	Elective*	3		
Elective*	3	Elective*	3		
Total credits	15	Total credits	15		

Total credits after Year Four (THINK 120): 122

*NOTES: *See the Exercise & Sports Science degree requirements in the course catalog for a list of recommended electives.*

We strongly encourage you to:

- **Get involved on campus:** Join (or start) a club. Serve as an SOS. Apply to be a CA. Be a tutor. Play intramurals. Participate in SGA, a singing group, WIUV, the Spartan newspaper, a theater production, Green Campus Initiative, the Athletic Band, etc.
- **Expand your academic program:** Complete a minor. Earn the Certificate in Civic Engagement or the Certificate in Global Studies. Take a foreign language. Study abroad. Visit the Academic Support Center. Meet with your academic advisor every semester.
- **Explore career options:** Visit Career Services early and often. Get an internship. Attend the Career & Grad School Fair. Go to the Part-Time Job Fair. Do research with a professor. Join your field's professional organization. Investigate graduate school options.
- **Serve the community:** Take a Civic Engagement course. Join the Mentoring Program. Participate in Alternative Spring Break. Volunteer off-campus for a community organization (e.g. Habitat for Humanity, Meals on Wheels, the Boys & Girls Club, etc.).