

## COURSE SEQUENCE Exercise Science

### Freshman Year

Fall	Class	Grade	Spring	Class	Grade
UCCA 101	Communication Arts I	4	UCCA 102	Communication Arts II	4
UCCP 101	Cultural Perspectives I	4	UCCP 102	Cultural Perspectives II	4
UCFH 120	Concepts	2	ESSM 141	Intro ESSM & Tech.	4
MATH 150	Precalculus	4	PSYC 101	General Psychology	4
	Fine Arts	2		Phed Activity	1
	Credits	16		Credits	17

### Sophomore Year

Fall	Class	Grade	Spring	Class	Grade
BIOL 217	Human Anatomy	4	BIOL 218	Human Physiology	4
UCBP 101	Biblical Perspectives I	4	CHEM 215	Fund. Organic Chemistry	3
CHEM 205	Foundations of Chemistry	3	CHEM 216	Chemistry Lab	1
CHEM 206	Chemistry Lab	1	MATH 210	Elementary Statistics	4
PHYS 101	General Physics I	4	PHYS 102	General Physics II	4
	Phed Activity	1		Credits	16
	Credits	17			

### Junior Year

Fall	Class	Grade	Spring	Class	Grade
ESSM 276	Therapeutic Modalities	4	ESSM 241	First Aid & CPR	2
ESSM 322W	Motor Development	4	ESSM 232	Prevention & Care <b>OR</b>	_____
ESSM 330	Externship in PT	4	ESSM 345	Medical Aspects	2
	Humanities	4	ESSM 473	Exercise Physiology	4
	Credits	16	ESSM 476	Anatomy & Kinesiology	4
			ESSM 477	Sports Nutrition	4
				Credits	16

### Senior Year

Fall	Class	Grade	Spring	Class	Grade
ESSM 420W	Tests & Measurements	4	ESSM 231	Personal & Comm. Health	4
ESSM 485	Rec & Eval / Lower	4	ESSM 486	Rec & Eval / Upper	4
ESSM 498W	Research Methods	2	ESSM 499W	Senior Seminar ESSM	2
	*Biology	4		*Biology	4
	†Psychology (200+)	4		†Psychology (200+)	4
	Credits	18		Credits	18

**\*Biology courses - 225, 300, 333, 337, 405 or 425 (Check prerequisites for each)**

**†Psychology courses - 203, 205, 210, 215, 304, 308, 310 or ESSM 478**

**After taking ESSM 141, ESSM 231 and 241 may be taken anytime in the course sequence**