

Four-Year Academic Plan
Exercise Science - Pre-Professional (2017-18)

1st Semester (16 hrs.)		Course Title	Term Offered	Prerequisites & Notes
	GPS 110 or 120 (3)	Global Perspectives	Fall, Spring	110 & 120 can be taken in any order
	Bio 150 (4)	University Foundations	Fall, Spring	Minimum grade of "C" required Prereq for A&P Sequence
	ENG 110 (3)	University Writing & Research	Fall, Spring	
	Gateway 101 (1)	Gateway to University Life	Fall	Required for University Foundations
	PE 101 (2)	Personal Fitness & Wellness	Fall, Spring	Required for University Foundations Prereq for EXSC 230
	EXSC 101 (3)	Intro to Exercise Science	Fall, Spring	

2nd Semester (15 hrs.)		Course Title	Term Offered	Prerequisites & Notes
	GPS 110 or 120 (3)	Global Perspectives	Fall, Spring	Enroll in the course not completed in the Fall
	Math 115+ (3)	University Foundations	Fall, Spring	Math 120 Prereq for PHYS Strongly Recommended
	Foreign Language 101 (3)	University Foundations	Fall, Spring	
	Fine Arts (2)	University Foundations	Fall, Spring	
	HPE 231 (2)	Personal and Interpersonal Health	Spring	
	EXSC 205 (2)	Intro to Resistance Training	Fall, Spring	PE 101

3rd Semester (18 hrs.)		Course Title	Term Offered	Prerequisites & Notes
	GPS 210 or 220 (3)	Global Perspectives	Fall, Spring	210 & 220 can be completed in any order
	BIO 311 (4)	Human Anatomy and Physiology I	Fall	Prereq for EXSC 255, 310, and 325. Minimum grade of "C" required.
	Math 209 (3)	Inferential Statistics	Fall, Spring	
	Foreign Language 102 (3)	University Foundations	Fall, Spring	
	PSYC 101 (3)	General Psychology	Fall, Spring	
	EXSC 230 (2)	Fitness Promotion	Fall, Spring	PE 101 is Prereq

4th Semester (16 hrs.)		Course Title	Term Offered	Prerequisites & Notes
	GPS 210 or 220 (3)	Global Perspectives	Fall, Spring	Enroll in the course not completed in the Fall
	BIO 312 (4)	Human Anatomy and Physiology II	Spring	BIO 311. Minimum grade of "C" required.
	Lit/Writing (3)	University Foundations	Fall, Spring	Any 200+ level English literature course
	EXSC 255 (3)	Applied Nutrition	Fall, Spring	
	Elective (3)	General Elective	Fall, Spring	Discuss with faculty advisor

NOTES: Bold courses are required for the EXER SCI major. Minimum grade of "C" required.

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1 **Bold courses are required for the EXER SCI major. Minimum grade of "C" required.**

Comments:

5th Semester (16 hrs.)		Course Title	Term Offered	Prerequisites & Notes
	GPS 310 or 320 (3)	Global Perspectives	Fall, Spring	310 & 320 can be completed in any order
	CHEM 101 (4)	Fundamentals or Principles of Chemistry I	Fall	
	EXSC 325 (3)	Strength and Conditioning	Fall, Spring	EXSC 205 is a Prereq
	AT 305 (3)	Care/Prevention of Injury	Fall, Spring	
	Elective (3)	General Elective	Fall, Spring	Discuss with faculty advisor
	Elective (3)	General Elective	Fall, Spring	Discuss with faculty advisor

6th Semester (17 hrs.)		Course Title	Term Offered	Prerequisites & Notes
	GPS 310 or 320 (3)	Global Perspectives	Fall, Spring	Enroll in the course not completed in the Fall
	EXSC 310 (4)	Exercise Physiology	Fall, Spring	
	EXSC 315 (3)	Kinesiology	Spring	
	CHEM 102 (4)	Fundamentals or Principles of Chemistry II	Spring	CHEM 101
	Elective (3)	General Elective	Fall, Spring	Discuss with faculty advisor

7th Semester (14 hrs.)		Course Title	Term Offered	Prerequisites & Notes
	PHYS 101 (4)	Principles of Physics I	Fall	
	PE 145 (1)	CPR-PR	Fall	To be taken in final fall semester
	EXSC 410 (3)	Exercise Prescription in Special Populations	Fall	To be taken in final fall semester
	HPE 203 (3)	Motor Learning	Fall	
	Elective (3)	General Elective	Fall, Spring	Discuss with faculty advisor

8th Semester (13 hrs.)		Course Title	Term Offered	Prerequisites & Notes
	EXSC 478 (3)	Internship	Summer	Enroll following Junior or Senior Year. EXSC 325 Prereq Recommended
	EXSC 415 (3)	Current Topics in Exercise Science	Spring	To be taken in final spring semester
	EXSC 497 (0)	Exit Exam	Spring	To be taken in final semester
	SGMT 305 (3)	Psychology of Sport Exercise	Fall, Spring	
	PHYS 102 (4)	Principles of Physics II	Fall	Physics 201 with a "C" or higher

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Total Credit Hours earned = 125 - 128

Graduation Requirements:

- 1 Must earn a minimum of 125 credit hours, including 40 credit hours at 300+ level.**
- 2 Must maintain minimum cumulative and Major GPA of 2.5.**
- 3 Must complete the last 30 credit hours of degree at Wingate University.**
- 4 Must fulfill Lyceum requirement as outlined in Academic Catalog.**
- 5 Bold courses are required for the EXER SCI major. Minimum grade of "C" required.**

Comments: