

**Four-Year Academic Plan**  
**Exercise Science - Fitness Professional Track (2017-18)**

<b>1st Semester (16 hrs.)</b>		<b>Course Title</b>	<b>Term Offered</b>	<b>Prerequisites &amp; Notes</b>
	GPS 110 or 120 (3)	Global Perspectives	Fall, Spring	110 & 120 can be taken in any order
	Bio 120 or 150 (4)	University Foundations	Fall, Spring	Minimum grade of "C" required
	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
	<b>EXSC 101 (3)</b>	<b>Intro to Exercise Science</b>	<b>Fall, Spring</b>	

<b>2nd Semester (17 hrs.)</b>		<b>Course Title</b>	<b>Term Offered</b>	<b>Prerequisites &amp; Notes</b>
	GPS 110 or 120 (3)	Global Perspectives	Fall, Spring	Enroll in the course not completed in the Fall
	Foreign Language 101 (3)	University Foundations	Fall, Spring	
	CHEM 100 or 101 (4)	Fundamentals or Principles of Chemistry I	Fall, Spring	Chem 101 only offered in fall
	Math 209 (3)	Elem Statistical Methods/Inferential Statistics	Fall, Spring	
	<b>HPE 231 (2)</b>	<b>Personal and Interpersonal Health</b>	<b>Spring</b>	
	<b>EXSC 205 (2)</b>	<b>Intro to Resistance Training</b>	<b>Fall, Spring</b>	

<b>3rd Semester (17 hrs.)</b>		<b>Course Title</b>	<b>Term Offered</b>	<b>Prerequisites &amp; Notes</b>
	GPS 210 or 220 (3)	Global Perspectives	Fall, Spring	210 & 220 can be completed in any order
	Foreign Language 102 (3)	University Foundations	Fall, Spring	
	Elective (3)	General Elective	Fall, Spring	Discuss with faculty advisor
	Fine Arts (2)	University Foundations	Fall, Spring	
	<b>EXSC 230 (2)</b>	<b>Fitness Promotion</b>	<b>Fall, Spring</b>	<b>PE 101 is a Prereq</b>
	<b>AT 312 (4)</b>	<b>Human Structure and Function</b>	<b>Fall</b>	<b>Prereq for EXSC 255, 310, and 325.</b>

<b>4th Semester (15 hrs.)</b>		<b>Course Title</b>	<b>Term Offered</b>	<b>Prerequisites &amp; Notes</b>
	GPS 210 or 220 (3)	Global Perspectives	Fall, Spring	Enroll in the course not completed in the Fall
	Lit/Writing (3)	University Foundations	Fall, Spring	Any 200+ level English literature course
	PSYC 101 (3)	General Psychology	Fall, Spring	
	<b>EXSC 255 (3)</b>	<b>Applied Nutrition</b>	<b>Fall, Spring</b>	
	Elective (3)	General Elective	Fall, Spring	Discuss with faculty advisor

NOTES:

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

Comments:

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5th Semester (15 hrs.)		Course Title	Term Offered	Prerequisites & Notes
	GPS 310 or 320 (3)	Global Perspectives	Fall, Spring	310 & 320 can be completed in any order
	Elective (3)	General Elective	Fall, Spring	Discuss with faculty advisor
	<b>EXSC 325 (3)</b>	<b>Strength and Conditioning</b>	<b>Fall, Spring</b>	<b>EXSC 205 is a Prereq</b>
	<b>AT 305 (3)</b>	<b>Care/Prevention of Injury</b>	<b>Fall, Spring</b>	
	<b>SMGT 330 (3)</b>	<b>Sport Facility Design and Management</b>	<b>Fall, Spring</b>	

6th Semester (16 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
	<b>EXSC 310 (4)</b>	<b>Exercise Physiology</b>	<b>Fall, Spring</b>	
	<b>EXSC 315 (3)</b>	<b>Kinesiology</b>	<b>Spring</b>	
	<b>SGMT 305 (3)</b>	<b>Psychology of Sport and Exercise</b>	<b>Fall, Spring</b>	
	Elective (3)	General Elective	Fall, Spring	Discuss with faculty advisor

7th Semester (16 hrs.)		Course Title	Term Offered	Prerequisites & Notes
	PSYC (3)	Required Course	Fall, Spring	PSYC 101 is prereq for most PSYC classes Choose between PSYC 321, 330, 335, or 404
	<b>PE 145 (1)</b>	<b>CPR-PR</b>	<b>Fall</b>	To be taken in final fall semester
	<b>EXSC 410 (3)</b>	<b>Exercise Prescription in Special Populations</b>	<b>Fall</b>	To be taken in final fall semester
	<b>HPE 203 (3)</b>	<b>Motor Learning</b>	<b>Fall</b>	
	Elective (3)	General Elective	Fall, Spring	Discuss with faculty advisor
	Elective (3)	General Elective	Fall, Spring	Discuss with faculty advisor

8th Semester (13 hrs.)		Course Title	Term Offered	Prerequisites & Notes
	<b>EXSC 478 (3)</b>	<b>Internship</b>	<b>Summer</b>	Enroll following Junior or Senior Year. EXSC 325 Prereq Recommended
	<b>EXSC 415 (3)</b>	<b>Current Topics in Exercise Science</b>	<b>Spring</b>	To be taken in final spring semester
	<b>EXSC 497 (0)</b>	<b>Exit Exam</b>	<b>Spring</b>	To be taken in final semester
	Elective (1)	General Elective	Fall, Spring	Discuss with faculty advisor
	Elective (3)	General Elective	Fall, Spring	Discuss with faculty advisor
	Elective (3)	General Elective	Fall, Spring	Discuss with faculty advisor

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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. A minimum grade of "C" required.**

**Comments:**