

1st Semester		Course Title	Term Offered	Prerequisites & Notes
3	GPS	Global Perspectives	Fall/Spring	Must take one History and one Religion/Philosophy GPS
4	BIO 101	University Foundations	Fall/Spring	Minimum grade of "C" required, Prereq for BIO 211 & 212
3	ENG 110	University Writing & Research	Fall/Spring	
1	Gateway 101	Gateway to University Life	Fall	Required for University Foundations
2	Wellness	Wellness Course	Fall/Spring	PE 101
3	EXSC 101	Intro to Exercise Science	Fall/Spring/Summer	Grade of B required to pass

16

2nd Semester		Course Title	Term Offered	Prerequisites & Notes
3	GPS	Global Perspectives	Fall/Spring	Must take one History and one Religion/Philosophy GPS
4	MATH 115/120	University Foundations	Fall/Spring	Math 115 Prereq for PHYS 101
3	Foreign Language 101	University Foundations	Fall/Spring	
2	Fine Arts	University Foundations	Fall/Spring	
3	HETH 101	Personal and Community Health	Fall/Spring	
2	EXSC 205	Intro to Resistance Training	Fall/Spring	Grade \geq "C" in PE 101

17

3rd Semester		Course Title	Term Offered	Prerequisites & Notes
3	GPS	Global Perspectives	Fall/Spring	Must take one History and one Religion/Philosophy GPS
4	BIO 211	Human Anatomy and Physiology I	Fall/Spring	Grade \geq "C" in BIO 101
3	Foreign Language 102	University Foundations	Fall/Spring	
3	PSYC 101	General Psychology	Fall/Spring	
2	EXSC 230	Fitness Promotion	Fall/Spring	

15

4th Semester		Course Title	Term Offered	Prerequisites & Notes
3	MATH 209	Inferential Statistics	Fall/Spring	
4	BIO 212	Human Anatomy and Physiology II	Fall/Spring	Grade \geq "C" in BIO 211
3	Literature	University Foundations	Fall/Spring	Any 200+ level English literature course
3	EXSC 255	Applied Nutrition	Fall/Spring	Grade \geq "B" or higher in EXSC 101
3	Elective	General Elective	Fall/Spring	Discuss with faculty advisor

16

5th Semester		Course Title	Term Offered	Prerequisites & Notes
3	GPS	Global Perspectives	Fall/Spring	Must take one History and one Religion/Philosophy GPS
4	CHEM 101	Fundamentals or Principles of Chemistry I	Fall	
3	EXSC 305	Care/Prevention of Injury	Fall/Spring	
3	EXSC 325	Strength and Conditioning	Fall/Spring	Grade ≥"B" in EXSC 101, ≥"C" in EXSC 205, EXSC 210/BIO 211
2	Elective	General Elective	Fall/Spring	Discuss with faculty advisor

15

6th Semester		Course Title	Term Offered	Prerequisites & Notes
4	EXSC 310	Exercise Physiology	Fall/Spring	Grade ≥"B" in EXSC 101, ≥"C" EXSC 210/BIO 211
3	EXSC 315	Kinesiology	Fall/Spring	Grade ≥"B" in EXSC 101, ≥"C" EXSC 210/BIO 211
4	CHEM 102	Fundamentals or Principles of Chemistry II	Spring	CHEM 101
3	EXSC 477	Pre-Internship Seminar	Fall/Spring	To be taken the semester before you complete your internship

14

7th Semester		Course Title	Term Offered	Prerequisites & Notes
3	EXSC 303	Motor Learning	Fall/Spring	
3	EXSC 410	Exercise Prescription in Special Populations	Fall/Spring	Grade ≥"B" in EXSC 101, ≥"C" EXSC 210/BIO 211, EXSC 325
1	PE 145	CPR-PR	Fall	To be taken in final fall semester
4	PHYS 101	Principles of Physics I	Fall	
3	Elective	General Elective	Fall/Spring	Discuss with faculty advisor

14

8th Semester		Course Title	Term Offered	Prerequisites & Notes
3	EXSC 306	Psychology of Sport and Exercise	Fall/Spring	
3	EXSC 415	Current Topics in Exercise Science	Fall/Spring	Grade ≥"B" in EXSC 101, ≥"C" EXSC 210/BIO 211, EXSC 310
3	EXSC 479	Internship	Spring/Summer	Grade ≥"B" in EXSC 101, ≥"C" EXSC 210/BIO 211, EXSC 325 & EXSC 477
0	EXSC 497	Exit Exam	Fall/Spring	To be taken in final semester
4	PHYS 102	Principles of Physics II	Spring	Grade ≥ "C" in PHYS 101

13

Graduation Requirements:

- 1 Must earn a minimum of **120** credit hours, including 40 credit hours at 300+ level.
- 2 Must maintain minimum cumulative and major GPA of 2.0.
- 3 Must complete the last 30 credit hours of degree at Wingate University.
- 4 Must fulfill Lyceum requirement as outlined in Academic Catalog.

Bold courses are required for the EXER SCI major. A minimum grade of "C" required WITH THE EXCEPTION OF EXSC 101, for which a grade of "B" is required.

120

Total Credit Hours Earned