

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	ENG110	University Writing & Research	Fall/Spring	
1	GATE101	OneDog 101	Fall	Required for University Foundations
2	Wellness	Wellness Course	Fall/Spring	WELL101
3	EXSC101	Intro to Exercise Science	Fall/Spring/Summer	Grade of B required to pass

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2nd Semester		Course Title	Term Offered	Prerequisites & Notes
3	GPS	Global Perspectives	Fall/Spring	Must take one History and one Religion/Philosophy GPS
4	MATH115/120	University Foundations	Fall/Spring	MATH115 Prereq for PHYS101
3	Foreign Language 101	University Foundations	Fall/Spring	
2	Fine Arts	University Foundations	Fall/Spring	
3	HETH101	Personal and Community Health	Fall/Spring	
2	EXSC205	Intro to Resistance Training	Fall/Spring	Grade \geq "C" in WELL101

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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	PSYC101	General Psychology	Fall/Spring	
2	EXSC230	Fitness Promotion	Fall/Spring	

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4th Semester		Course Title	Term Offered	Prerequisites & Notes
3	MATH209	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	EXSC255	Applied Nutrition	Fall/Spring	Grade \geq "B" or higher in EXSC101
3	Elective	General Elective	Fall/Spring	Discuss with faculty advisor

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5th Semester		Course Title	Term Offered	Prerequisites & Notes
3	GPS	Global Perspectives	Fall/Spring	Must take one History and one Religion/Philosophy GPS
4	CHEM101	Fundamentals or Principles of Chemistry I	Fall	
3	EXSC305	Care/Prevention of Injury	Fall/Spring	
3	EXSC325	Strength and Conditioning	Fall/Spring	Grade ≥ "B" in EXSC101, ≥ "C" in EXSC205, EXSC210/BIO 211
2	Elective	General Elective	Fall/Spring	Discuss with faculty advisor

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6th Semester		Course Title	Term Offered	Prerequisites & Notes
4	EXSC310	Exercise Physiology	Fall/Spring	Grade ≥ "B" in EXSC101, ≥ "C" EXSC210/BIO 211
3	EXSC315	Kinesiology	Fall/Spring	Grade ≥ "B" in EXSC101, ≥ "C" EXSC210/BIO 211
4	CHEM102	Fundamentals or Principles of Chemistry II	Spring	CHEM101
3	EXSC477	Pre-Internship Seminar	Fall/Spring	To be taken the semester before you complete your internship

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7th Semester		Course Title	Term Offered	Prerequisites & Notes
3	EXSC303	Motor Learning	Fall/Spring	
3	EXSC410	Exercise Prescription in Special Populations	Fall/Spring	Grade ≥ "B" in EXSC101, ≥ "C" EXSC210/BIO 211, EXSC325
1	PE 145	CPR-PR	Fall	To be taken in final fall semester
4	PHYS101	Principles of Physics I	Fall	
3	Elective	General Elective	Fall/Spring	Discuss with faculty advisor

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8th Semester		Course Title	Term Offered	Prerequisites & Notes
3	EXSC306	Psychology of Sport and Exercise	Fall/Spring	
3	EXSC415	Current Topics in Exercise Science	Fall/Spring	Grade ≥ "B" in EXSC101, ≥ "C" EXSC210/BIO 211, EXSC310
3	EXSC479	Internship	Spring/Summer	Grade ≥ "B" in EXSC101, ≥ "C" EXSC210/BIO 211, EXSC325 & EXSC477
0	EXSC497	Exit Exam	Fall/Spring	To be taken in final semester
4	PHYS102	Principles of Physics II	Spring	Grade ≥ "C" in PHYS101

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Graduation Requirements:

- 1 Must earn a minimum of 120 credit hours, including 33 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.

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Total Credit Hours Earned