

1st Semester		Course Title	Term Offered	Prerequisites & Notes
3	GPS	Global Perspectives**	Fall/Spring	Must take 1 History and 1 Religion/Philosophy GPS
4	BIO 101 or 120	University Foundations	Fall/Spring	Minimum grade of "C" required
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

16

2nd Semester		Course Title	Term Offered	Prerequisites & Notes
3	Foreign Language 101	University Foundations	Fall/Spring	
4	CHEM 100 or 101	Fundamentals or Principles of Chemistry I	Fall/Spring	Chem 100 spring only/Chem 101 fall only
3	MATH209	Elem Statistical Methods/Inferential Statistics	Fall/Spring	
2	EXSC205	Intro to Resistance Training	Fall/Spring	Grade \geq "C" in WELL101
3	HETH101	Personal and Community Health	Fall/Spring	

15

3rd Semester		Course Title	Term Offered	Prerequisites & Notes
3	GPS	Global Perspectives	Fall/Spring	Must take 1 History and 1 Religion/Philosophy GPS
3	Foreign Language 102	University Foundations	Fall/Spring	
2	Fine Arts	University Foundations	Fall/Spring	
4	EXSC210	Human Structure and Function	Fall/Spring	TAKE DURING SOPHOMORE YEAR Grade \geq "C" in BIO 101/120
2	EXSC230	Fitness Promotion	Fall/Spring	
3	Elective	General Elective	Fall/Spring	Discuss with faculty advisor

17

4th Semester		Course Title	Term Offered	Prerequisites & Notes
3	Literature	University Foundations	Fall/Spring	Any 200+ level English literature course
3	PSYC101	General Psychology	Fall/Spring	
3	EXSC255	Applied Nutrition	Fall/Spring	Grade \geq "B" EXSC101
3	Elective	General Elective	Fall/Spring	Discuss with faculty advisor
3	Elective	General Elective	Fall/Spring	Discuss with faculty advisor

15

5th Semester		Course Title	Term Offered	Prerequisites & Notes
3	GPS	Global Perspectives	Fall/Spring	Must take 1 History and 1 Religion/Philosophy GPS
3	EXSC305	Care/Prevention of Injury	Fall/Spring	
3	EXSC315	Kinesiology	Fall/Spring	Grade ≥"B" in EXSC101, ≥"C" EXSC 210/BIO 211
3	EXSC325	Strength and Conditioning	Fall/Spring	Grade ≥"B" in EXSC101, ≥"C" in EXSC205, EXSC210/BIO 211
3	SRMT330	Sport Facility Design and Management	Fall/Spring	

15

6th Semester		Course Title	Term Offered	Prerequisites & Notes
3	GPS	Global Perspectives	Fall/Spring	Must take 1 History and 1 Religion/Philosophy GPS
3	EXSC306	Psychology of Sport and Exercise	Fall/Spring	
4	EXSC310	Exercise Physiology	Fall/Spring	Grade ≥"B" in EXSC101, ≥"C" EXSC210/BIO 211
3	PSYC	Required Course	Fall/Spring	01 is prereq for most PSYC classes Choose between PSYC 321/330/335/404
3	Elective	General Elective	Fall/Spring	Discuss with faculty advisor

16

7th Semester		Course Title	Term Offered	Prerequisites & Notes
1	PE 145	CPR-PR	Fall	To be taken in final fall semester
3	EXSC303	Motor Learning	Fall/Spring	
3	EXSC410	Exercise Prescription in Special Populations	Fall/Spring	Grade ≥"B" in EXSC101, ≥"C" EXSC210/BIO 211, EXSC325
3	EXSC477	Pre-Internship Seminar	Fall/Spring	To be taken the semester before you complete your internship
3	Elective	General Elective	Fall/Spring	Discuss with faculty advisor
1	Elective	General Elective	Fall/Spring	Discuss with faculty advisor

14

8th Semester		Course Title	Term Offered	Prerequisites & Notes
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
3	Elective	General Elective	Fall/Spring	Discuss with faculty advisor
3	Elective	General Elective	Fall/Spring	Discuss with faculty advisor

12

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
- 5 THE EXCEPTION OF EXSC101, for which a grade of "B" is required.

120

Total Credit Hours Earned