

EXERCISE SCIENCE (BS)

Student: _____ Student ID: _____ Phone #: _____ Email: _____

Address: _____ City: _____ State: _____ Zip: _____

Beginning Term: _____ Anticipated Completion: _____

Estimated Transfer Credits: _____	Estimated Webster Credits: _____	Total Credit Hours: _____ <ul style="list-style-type: none"> • Transfer Credits + Webster Credits • Minimum of 120 hours
core requirements: _____	core requirements: _____	
GCP courses: _____	GCP courses: _____	
electives: _____	electives: _____	

REQUIRED CORE COURSES (71 hours)						
Course	Hrs	Pre-requisite	Term	Year	Grade	Transfer
BIOL 1550 Essentials of Biology I AND	4 sh		--			
BIOL 1551 Essentials of Biology Lab I	1 sh		--			
BIOL 3150 Nutrition	3 sh	Junior Standing	--			
BIOL 3010 Human Anatomy & Physiology I AND	3 sh	BIOL 1550, BIOL 1551 and CHEM 1100, CHEM 1101 or instructor permission	--			
BIOL 3011 Human Anatomy & Physiology I Lab	1 sh	BIOL 1550, BIOL 1551 and CHEM 1100, CHEM 1101 or instructor permission	--			
BIOL 3020 Human Anatomy & Physiology II AND	3 sh	BIOL 3010, BIOL 3011 or instructor permission	--			
BIOL 3021 Human Anatomy & Physiology II Lab	1 sh	BIOL 3010, BIOL 3011 or instructor permission	--			
EXSC 1318 Careers in Exercise Science	1 sh		--			
EXSC 1400 Foundations of Exercise Science	3 sh		--			
EXSC 2100 Coaching Health and Human Performance	2 sh		--			
EXSC 2356 Principles of Athletic Training	3 sh		--			
EXSC 3050 Exercise Physiology	3 sh	BIOL 3010, BIOL 3011, BIOL 3020, BIOL 3021 or instructor permission	--			
EXSC 3250 Exercise Kinesiology AND	3 sh	BIOL 3010, BIOL 3011, BIOL 3020, BIOL 3021	--			
EXSC 3251 Exercise Kinesiology Lab	1 sh	BIOL 3010, BIOL 3011, BIOL 3020, BIOL 3021	--			
EXSC 4680 Exercise Prescription & Testing AND	3 sh	EXSC 3250	--			
EXSC 4681 Exercise Prescription & Testing Lab	1 sh	EXSC 3250	--			
EXSC 4683 Exercise Prescription for Special Populations	3 sh	EXSC 3050, EXSC 4680, EXSC 4681	--			

EXSC 4875 Exercise Science Internship	3 sh	EXSC 1400, EXSC 3251, EXSC 4680, EXSC 4681 and 2.5 GPA	--			
CHEM 1100 General Chemistry I AND	3 sh	MATH 1430, or instructor permission	--			
CHEM 1101 General Chemistry I Lab	1 sh	MATH 1430, or instructor permission	--			
CHEM 1110 General Chemistry II AND	3 sh	CHEM 1100	--			
CHEM 1111 General Chemistry II Lab	1 sh	CHEM 1101	--			
PHYS 1710 College Physics I AND	3 sh	MATH 1430, or instructor permission	--			
PHYS 1711 College Physics I Lab	1 sh	MATH 1430, or instructor permission	--			
PHYS 1720 College Physics II AND	3 sh	PHYS 1710	--			
PHYS 1721 College Physics II Lab	1 sh	PHYS 1711	--			
PSYC 2300 Developmental Psychology Across a Lifespan	3 sh		--			
STAT 3100 Inferential Statistics OR MATH 2200 – Statistics, OR PSYC 2750 Introduction to Measurement and Statistics	3 sh		--			
BIOL 4400 Research Methods	3 sh	Senior standing				
BIOL 4430 Senior Thesis for BS	4 sh	All core courses				

GLOBAL CITIZENSHIP PROGRAM (minimum 30 hours)										
FIRST YEAR SEMINAR (3 hours)	Hrs	Term	Year	Grade	Transfer					
	3sh	--								
KNOWLEDGE AREAS (24 hours)	SKILLS AREAS*									
	WCOM	OCOM	CRI	INTC	ETH	Hrs	Term	Year	Grade	Transfer
Roots of Cultures**	--	--	--	--	--					
	--	--	--	--	--	3sh	--			
	--	--	--	--	--	3sh	--			
Social Systems & Human Behaviors**										
	--	--	--	--	--	3sh	--			
	--	--	--	--	--	3sh	--			
Physical & Natural World										
	--	--	--	--	--	3sh	--			
Global Understanding										
	--	--	--	--	--	3sh	--			
Arts Appreciation										
	--	--	--	--	--	3sh	--			
Quantitative Literacy										
	--	--	--	--	--	3sh	--			
Skills Courses not associated with Knowledge Areas (optional)										

	--	--	--	--	--	3sh	--			
	--	--	--	--	--	3sh	--			
	--	--	--	--	--	3sh	--			
	--	--	--	--	--	3sh	--			
KEYSTONE SEMINAR (3 hours)	Hrs	Term	Year	Grade		Transfer				
	3sh	--								

NOTE: In addition to the First Year and Keystone Seminars, students must complete *all 5 Skills Requirements within or in addition* to fulfilling each Knowledge Area. Courses with a grade of C- or better will satisfy GCP requirements.

Skills Areas: WCOM = Written Communication OCOM = Oral Communication ETH = Ethical Reasoning
 CRI = Critical Thinking INTC = Intercultural Competence

****NOTE:** Courses must have two different prefixes.

ELECTIVE COURSES						
TOTAL ELECTIVE TRANSFER HOURS						
REMAINING ELECTIVE HOURS						
Course	Hrs	Pre-Requisite	Term	Year	Grade	
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			--			
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COMMENTS:

- Pending official transcripts, course descriptions and administrative approval.
- You may change the recommended course sequence as needed as long as you do not take any course before or with its prerequisite(s).
- Not all courses are offered at all sites each term. Check with the site for the current rotation schedule as course schedules are subject to change.
- Transfer credit may apply as general education courses, elective courses or core course substitutions (if the courses are substantively the same as Webster core courses).
- This program plan is not a substitute for application, registration, transfer of credit or core course substitution requests. All other required forms must be filed in addition to this program plan.
- Signature on this program plan does not imply commitment for application or registration.

Advisor _____

Student _____

Phone:
 Fax: 314-968-7166



Email:

Date Advised:

Degree Plan