

Exercise Science, B.S.
WellStar College of Health & Human Services

Year 1 – Fall (16 credits)	Credits	Year 1 – Spring (16 credits)	Credits
ENGL 1101 – Composition I [A1] †	3	ENGL 1102 – Composition II [A1] †	3
CHEM 1211 – Principles of Chemistry I* [D2]	3	CHEM 1212 – Principles of Chemistry II* [D2]	3
CHEM 1211L – Principles of Chemistry I Lab* [D2]	1	CHEM 1212L – Principles of Chemistry II Lab* [D2]	1
POLS 1101 – American Government [E1]	3	ECON 1000 – Contemporary Economic Issues [B1]	2
General Education – Quantitative [A2]	3	General Education – Applied Math [D1]	3
General Education – Cultural Perspectives [B2]	3	BIOL 2221 – Human Anatomy & Physiology I †	3
		BIOL 2221L – Human Anatomy & Physiology I Lab †	1
TOTAL	16	TOTAL	16
Year 2 – Fall (16 credits)	Credits	Year 2 – Spring (13 credits)	Credits
General Education – Literature of the World [C1]	3	General Education – World History [E3]	3
General Education – Arts & Culture of the World [C2]	3	General Education – Social Sciences [E4]	3
General Education – U.S. History [E2]	3	ES 2200 – Safety Training for the Fitness Professional	2
ES 2100 – Physical Activity in Health & Disease †	3	ES 2300 – Medical Terminology	2
BIOL 2222 – Human Anatomy & Physiology II †	3	ES 2500 – Principles of Nutrition	3
BIOL 2222L – Human Anatomy & Physiology II Lab †	1		
TOTAL	16	TOTAL	13
Apply for Exercise Science Program			
Year 3 – Fall (15 credits)	Credits	Year 3 – Spring (14 credits)	Credits
ES 3600 – Health Fitness Management	3	ES 3700 – Strength & Conditioning	3
ES 3800 – Biomechanics	3	ES 3750 – Strength & Conditioning Lab	3
ES 3900 – Physiology of Exercise †	3	ES 4500 – Physiology of Exercise II †	3
Major Elective (1 of 7)	3	ES 4550 – Exercise Science Laboratory Techniques †	1
Major Elective (2 of 7)	3	Major Elective (3 of 7)	3
		Free Elective	1
TOTAL:	15	TOTAL:	14
Year 4 – Fall (15 credits)	Credits	Year 4 – Spring (15 credits)	Credits
ES 4200 – Nutrition & Performance	3	ES 4700 – Clinical Exercise Physiology	3
ES 4300 – Physiology of Exercise & Aging	3	ES 4900 – Exercise Science Senior Seminar	3
ES 4600 – Exercise Prescription	3	Major Elective (5 of 7)	3
ES 4650 – Exercise Testing	3	Major Elective (6 of 7)	3
Major Elective (4 of 7)	3	Major Elective (7 of 7)	3
TOTAL:	15	TOTAL:	15

Program Total: 120 Credit Hours

*** Recommended General Education Course † Milestone**

This academic map is a suggested four-year schedule of courses based on degree requirements in the undergraduate catalog. This sample schedule serves as a general guideline to help build a full schedule each term. Missing milestones could delay your program. Also see the current undergraduate catalog for a complete list of requirements, electives, and pre-requisites. This map is not a substitute for academic advisement. Note: Requirements are continually under revision, and there is no guarantee they will not be changed or revoked; contact the department and/or program area for current information.