

**CENTRAL CONNECTICUT STATE UNIVERSITY**

*College of Health and Rehabilitation Sciences*

**B.S. EXERCISE SCIENCE 120 Credits**

**Specialization: Strength & Conditioning/ Personal Fitness Training**

**Program Accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP)**

Name: \_\_\_\_\_ ID#: \_\_\_\_\_ Matriculation Semester: \_\_\_\_\_ Date: \_\_\_\_\_

**GENERAL EDUCATION**

Crs.	Grd.
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*Some General Education courses may also fulfill Related Requirements*

**STUDY AREAS**

**Study Area I Arts & Humanities (9 credits)**

ENG Literature (L)	3	
	3	
	3	

**Study Area II Social Sciences (9 credits)**

HIST	3	
	3	
	3	

**Study Area III Behavioral Sciences (6 credits)**

(PSY 112 Introduction to Psychology)	X	
(PSY 136 Life Span Development)	X	

**Study Area IV Natural Sciences (6 - 8 credits)**

(CHEM 161 General Chemistry)	X	
(PHYS 111 or PHYS 121)	X	

**SKILL AREAS**

**Skill Area I Communication Skills (6 credits)**

WRT 105 & 105P or WRT 110 Freshman Composition	3	
	3	

**Skill Area II Mathematics Requirement (6 credits)**

(STAT 104 or STAT 200 or STAT 215)	X	
	3	

**Skill Area III Foreign Language Proficiency Requirement (check one)**

- completion of a level-three high school foreign language	
- passed a standardized foreign language exam	
- completion of 112 or higher foreign language course	
- demonstration of native proficiency in a language other than English	

**Skill Area IV University Requirement (2 or 3 credits)**

PE 144 required for students matriculating with fewer than 15 credits	2 or 3	
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Equity, Justice & Inclusion (EJI) Requirement	met	
International (I) Requirement	met	
International (I) Requirement	met	
First Year Experience Requirement	met	

**ELECTIVES (as necessary to reach 120 credits)**

	3	
	3	

**EXERCISE SCIENCE MAJOR (71 credits)**

**CORE COURSES (56 credits)**

EXS 109 Introduction to Human Performance	3	
EXS 207 Anatomy and Physiology in Exercise Science I &	3	
EXS 211 Anatomy and Physiology in Exercise Science I Lab	1	
EXS 208 Anatomy and Physiology in Exercise Science II &	3	
EXS 212 Anatomy and Physiology in Exercise Science II Lab	1	
EXS 215 Physiological and Human Performance of Aging	3	
EXS 216 Biomechanics	3	
EXS 301 Applied Kinesiology	3	
EXS 307 Human Nutrition	3	
EXS 325 Organization and Management in Exercise Science	3	
EXS 332 Psychological Aspects of Exs and Sport Medicine	3	
*EXS 408 Physiology of Sport and Exercise	3	
*EXS 411 Research Methods in Exercise Science	3	
*EXS 415 Fitness Assessment and Exercise Prescription	3	
*EXS 409 Clinical Exercise Physiology	3	
EXS 417 Prevention and Care in Sports Medicine	3	
*EXS 421 Pharmacology in Sports Medicine	3	
*EXS 450 Practicum in Exercise Science	3	
*EXS 470 Internship in Exercise Science	6	

**Strength & Conditioning/ Personal Fitness Training Specialization**

**(15 credits)**

EXS 275 Training for Sport Performance	3	
EXS 280 Leadership in Exercise & Wellness	3	
EXS 376 Theories of Strength Training & Conditioning	3	
EXS 405 Exercise and Sport Nutrition	3	
BMS 102 Introduction to Biomolecular Science	3	

**RELATED REQUIREMENTS (15-16 credits)**

*Required for the Program & can also fulfill General Education*

*Requires a C- or better*

PSY 112 Introduction to Psychology (ST III)	3	
PSY 136 Life Span Development (ST III)	3	
CHEM 161 General Chemistry (ST IV)	3	
PHYS 111 Introductory Physics or PHYS 121 (ST IV)	3 or 4	
STAT 104 or STAT 200 or STAT 215 (SK II)	3	

\* Formal admission the the Exercise Science Program is required before taking this course; Grade of C or better required