

# B.S. IN EXERCISE SCIENCE

Code	Title	Credits
<b>Major in Exercise Science (B.S.)</b>		
<b>Applied Health Science Core</b>		
AHS 100	Foundations in Applied Health Science	1
AHS 170	Applied Nutrition	2
AHS 248	Applied Movement Systems	2
AHS 250M	Statistics and Research Methods in Applied Health Sciences	4
AHS 370	Functional Human Nutrition	4
AHS 375	Functional Anatomy	4
AHS 379	Integrative Human Physiology	4
AHS 393	Literature Review in Applied Health Sciences <sup>1</sup>	2
AHS 398	Physiological Assessment Laboratory <sup>1</sup>	1
AHS 399	Physiological Assessment <sup>1</sup>	3
AHS 440	Advanced Training for Human Performance	2
AHS 445	Advanced Laboratory Techniques in Applied Health Sciences	4
AHS 481	Internship in Applied Health Sciences	2
AHS 494	Research in Applied Health Sciences	1
AHS 495	Applied Health Sciences Symposium	2
<b>Interdisciplinary Core</b>		
PSY 101	Introduction to Psychology I	2
PSY 102	Introduction to Psychology II	2
One of the following courses:		4
BIO 120 & BIO 120D	Introduction to Molecular and Cellular Biology and Introduction to Molecular and Cellular Biology Lab	
BIO 122 & BIO 122D	Introduction to Organismic Biology and Introduction to Organismic Biology Lab	
BIO 124 & BIO 124D	Integrative Biology: Genes, Cells, Change and Integrative Biology: Genes, Cells, Change Lab	
BIO 128 & BIO 128D	Integrative Biology: Metabolism, Energy, Biodiversity and Integrative Biology: Metabolism, Energy, Biodiversity Lab	
BIO 214 & BIO 215	Human Anatomy and Human Anatomy Lab <sup>3</sup>	4
BIO 216 & BIO 217	Human Physiology and Human Physiology Lab <sup>2</sup>	4
CHE 113 & CHE 113D	General Chemistry and General Chemistry Lab	4
<b>Code</b>	<b>Title</b>	<b>Credits</b>
Major <sup>4</sup>		58
General Education *		40-48
Electives		16-24
<b>Total Credits</b>		<b>122</b>

<sup>1</sup> AHS 001 is a prerequisite for this course.

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- <sup>2</sup> BIO 104/BIO 104D, BIO 120/BIO 120D, BIO 124/BIO 124D, BIO 218, or NSC 130/NSC 130D is a prerequisite for this course.
- <sup>3</sup> BIO 104/BIO 104D, BIO 120/BIO 120D, BIO 122/BIO 122D, BIO 124/BIO 124D, or BIO 128/BIO 128D is a prerequisite for this course.
- <sup>4</sup> Students must earn a C or higher in each course in the major (AHS, BIO, CHE, PHY, PSY).
- \* Courses whose number is followed by a letter fulfill a General Education requirement.