

CAMPUS: Wilmington
DEPARTMENT: Exercise Science

Recommended
COURSE SEQUENCE SHEET

Name: _____
SSN: _____
Academic Advisor: _____
Matriculation date: _____

No pre-tech requirements
 ESL

ENG 005
 ENG 051

RDG 005
 RDG 051
 RDG 120

MAT 005
 MAT 012
 MAT 015
 MAT 075

RDG 120, Critical Reading and Thinking, will be a required course unless the student attains a specific minimum score on the College Placement Test.

Curriculum: Exercise Science Studies
Effective: 200451

Curriculum Code Designation: AHTDIPESS

COURSE NUMBER AND TITLE	CL	L	CR	SEMESTER		GRADE	PREREQUISITES	COREQUISITES
				Offered	Completed			
FIRST SEMESTER (SUMMER)								
BIO 120 Anatomy & Physiology I	4	2	5				RDG 051, ENG 051	
TOTAL	4	2	5					

SECOND SEMESTER (FALL)								
BIO 121 Anatomy & Physiology II	4	2	5				BIO 120, CHM 100 or CHM 110	
ENG 121 Composition	3	0	3				RDG 051, ENG 051	
EXS 100 Introduction to Exercise Science	3	2	4				BIO 120	
EXS 101 Functional Kinesiology	2	2	3				BIO 120	
TOTAL	12	6	15					

THIRD SEMESTER (SPRING)								
PSY 121 General Psychology	3	0	3				RDG 051, ENG 051	
MAT 153 College Math And Statistics	4	0	4				MAT 015	
EXS 105 Conditioning & Strength Train.	3	2	4				EXS 100, EXS 101	
EXS 120 Wellness and Health Promotion	3	1	3				EXS 100, EXS 101	
HLH 110 First Aid, Safety & CPR	2	2	3				BIO 110 or BIO 120	
TOTAL	15	5	17					

FOURTH SEMESTER (SUMM)								
EXS 135 Exercise Science Internship I	1	5	3				EXS 105, EXS 115, HLH 110	
TOTAL	1	5	3					

GRAND TOTAL	32	18	40					
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For students who meet the prerequisites,

Student's Signature

Date

Advisor's Signature

Date