

CAMPUS: Wilmington  
DEPARTMENT: Allied Health/Science

Recommended  
COURSE SEQUENCE SHEET

Name: \_\_\_\_\_  No pre-tech requirements  
SSN: \_\_\_\_\_  
Academic Advisor: \_\_\_\_\_  ESL  
Matriculation date: \_\_\_\_\_

ENG 005     RDG 005     MAT 005  
 ENG 051     RDG 051     MAT 012  
 RDG 120     MAT 015     MAT 075

**RDG 120-Critical Reading and Thinking, is a required course unless the student is exempt.**  
**CHM 100-CHM 110 or high school level chemistry, within the past 5 years, is a prerequisite requirement for this program.**

Curriculum: Exercise Science Technology  
Effective: 200653

Curriculum Code Designation: AHTAASEXS

COURSE NUMBER AND TITLE	CL	L	CR	SEMESTER		GRADE	PREREQUISITES	COREQ.
				Offered	Completed			
<b>FIRST SEMESTER (SUMMER)</b>								
<b>BIO 120 Anatomy &amp; Physiology I</b>	4	2	5				RDG 051, ENG 051	
<b>TOTAL</b>	4	2	5					
<b>SECOND SEMESTER (FALL)</b>								
<b>BIO 121 Anatomy &amp; Physiology II</b>	4	2	5				BIO 120, CHM 100 or CHM 110	
<b>ENG 121 Composition</b>	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	
<b>TOTAL</b>	12	6	15					
<b>THIRD SEMESTER (SPRING)</b>								
<b>ENG 124 Oral Communications</b>	3	0	3				ENG 121	
<b>MAT 153 College Math And Statistics</b>	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	
<b>HLH 110 First Aid, Safety &amp; CPR</b>	2	2	3				BIO 110 or BIO 120	
<b>TOTAL</b>	15	5	17					
<b>FOURTH SEMESTER (SUMM)</b>								
<b>BIO 115 Nutrition</b>	3	0	3				<b>RDG 051 + ENG 051</b>	
EXS 135 Exercise Science Internship I	1	5	3				EXS 105, EXS 120, HLH 110	
<b>TOTAL</b>	3	5	6					
<b>FIFTH SEMESTER (FALL)</b>								
<b>SOC 111 Sociology I</b>	3	0	3				RDG 051, ENG 051	
EXS 200 Nutrition for Sport and Exercise	3	0	3				<b>EXS 135 + BIO 115</b>	
EXS 205 Fitness For Special Populations	3	1	3				EXS 135, BIO 121	
EXS 225 Advanced Exercise Testing	3	2	4				EXS 135	
EXS 230 Health Fitness Instruction	3	2	4				EXS 135	
<b>TOTAL</b>	15	5	17					
<b>SIXTH SEMESTER (SPRING)</b>								
<b>PSY 121 General Psychology</b>	3	0	3				RDG 051, ENG 051	
EXS 235 Exercise Science Internship II	2	21	9				EXS 205, EXS 200, EXS 225, EXS 230	
<b>TOTAL</b>	5	21	12					
<b>GRAND TOTAL</b>	54	44	72					

*For students who meet the prerequisites,*

\_\_\_\_\_  
Student's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Advisor's Signature

\_\_\_\_\_  
Date