

CAMPUS: Wilmington  
DEPARTMENT: Exercise Science

**PROPOSED**  
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			
<b>FIRST SEMESTER (SUMMER)</b>								
BIO 120 Anatomy & Physiology I	4	2	5				RDG 051, ENG 051	
<b>TOTAL</b>	4	2	5					

<b>SECOND SEMESTER (FALL)</b>								
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	
<b>TOTAL</b>	12	6	15					

<b>THIRD SEMESTER (SPRING)</b>								
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	
<b>TOTAL</b>	15	5	17					

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

<b>GRAND TOTAL</b>	<b>32</b>	<b>18</b>	<b>40</b>
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*For students who meet the prerequisites,*

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

\_\_\_\_\_  
Date

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

\_\_\_\_\_  
Date