

Cleveland State University

Bachelor of Science in Exercise Science

Name \_\_\_\_\_

I.D. No. \_\_\_\_\_

**Curriculum Sheet (Effective Fall 2025)**

**First Year**

Fall Semester	Credits	Major	Core	Spring Semester	Credits	Major	Core
Inquiry Launch Elective	3		IL	Research & Professional Writing Elective	3		RPW
Finding Your Voice Elective	3		FYV	Global Human Perspectives Elective	3		GHP
Human Culture & Creativity Elective	3		HCC	Diversity in Society Elective	3		DiS
Formal & Quantitative Reasoning Elective	3		FQR	HED 210 Healthy Lifestyle Choices	3	X	
PSY 101 Intro to Psychology	3	X	SHB	EXS 205 Intro to Exercise Science	3	X	
				PES Physical Skill Course #1	1	X	
Semester Total	15			Semester Total	16		

**Second Year**

Fall Semester	Credits	Major	Core	Spring Semester	Credits	Major	Core
BIO 266/267 Anatomy & Physiology I / lab	4	X	SI	BIO 268/269 Anatomy & Physiology II / lab	4	X	SI
Diversity in Society Elective	3		DiS	Data & Digital Literacy Elective	3		DDL
HSC 305 Culture in Healthcare OR SOC 250 Diversity & Sport	3	X		Approved HSHP Elective #2	3	X	
Approved HSHP Elective #1	3	X		HED 360 Health Prom. In the Workplace	3	X	
PES Physical Skill Course #2	1	X		EXS 315 Group Exercise Instruction	3	X	
Semester Total	14			Semester Total	16		

**Third Year**

Fall Semester	Credits	Major	Core	Spring Semester	Credits	Major	Core
EXS 495 Training and Conditioning	3	X		EXS 475 Nutrition and Physical Activity	3	X	WAC
HED 450 Theories of Health Behavior	3	X		EXS 470 Ex. Testing and Prescription	3	X	
EXS 322 Anatomical Kinesiology	3	X		HSHP Approved Elective #3	3	X	
EXS 324 Physical Fitness	3	X		EXS 494 Biomechanics	3	X	
EXS 325/326 Physiology of Exercise / lab	4	X		EXS 328 Legal/Admin of PE/Sport	3	X	
Semester Total	16			Semester Total	15		

**Fourth Year**

Fall Semester	Credits	Major	Core	Spring Semester	Credits	Major	Core
EXS 439 Therapeutic Recreation/Disability	3	X		EXS 480 Internship	8	X	
EXS 472 Physiology and Aging	3	X		PES Physical Skill Course #3	1	X	
EXS 471 Ex. Programs for Special Pops	3	X		WAC/SPAC Elective	3		WAC
EXS 415 Evaluation in HHP	3	X		General Elective	1		
African-American History & Culture Elective	3		AAHC				
Semester Total	15			Semester Total	13		

**Degree Total hours: 120 hours**

Assumptions: College-level readiness in Math and English; no Foreign Language Deficiency

**College / Program Notes:**

The plan above is a suggested guide to ensure that all Core Curriculum, College, University, and Major requirements are met within 4 years of study. Students may deviate from the suggested placement of Core Curriculum courses.

\* General Electives ensure that a student accumulates the minimum credit hour totals needed for graduation. Students must have a **minimum of 120 total credit hours**, of which a **minimum of 24 credit hours must be upper division** (300 or 400-level courses). Depending upon other elective choices made, students may not need as many general electives as indicated above, or may need additional electives.

<b>Core Curriculum Key:</b>	FQR = Formal & Quantitative Reasoning (one course)
IL = Inquiry Launch (one course)	RPW = Research & Professional Writing (one course, C or better required)
FYV = Finding Your Voice (one course, C or better required)	HCC = Human Culture & Creativity (one course)
SHB = Society & Human Behavior (one course)	WAC/SPAC = Writing/Speaking Across the Curriculum Req (2 courses, one in the major)
SI = Scientific Inquiry (two courses, one lab credit)	AAHC = African-American History & Culture (one course)
GHP = Global Human Perspectives (one course)	DiS = Diversity in Society (one course)
** Inquiry Launch requirement is waived for transfer students.	DDL = Data & Digital Literacy (one course, can be satisfied by a second FQR course)

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