

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		QFR	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
Approved HSHP Elective #1	3	X		Data & Digital Literacy Elective	3		DDL
HSC 205 Social & Cultural Determinants of Health OR SOC 250	3	X	DiS	Approved HSHP Elective #2	3	X	
General Elective	3			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	2	X		EXS 494 Biomechanics	3	X	
EXS 325/326 Physiology of Exercise / lab	4	X		EXS 328 Legal/Admin of PE/Sport	3	X	WAC
Semester Total	15			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		General Elective	3		
EXS 415 Evaluation in HHP	3	X		General Elective	2		
African-American History & Culture Elective	3		AAHC				
Semester Total	15			Semester Total	14		

**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>	QFR = Quantitative & Formal 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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Bachelor of Science in Exercise Science: Pre-Physical Therapy Track

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	COH 102 Writing in Health Prof (recommended)	3		RPW
Finding Your Voice Elective	3		FYV	STA 347 Applied Statistics <b>OR</b> PSY 317	3	X	
EXS 205 Intro to Exercise Science	3	X		PSY 101 Intro to Psychology	3	X	SHB
STA 147 Statistical Concepts	3	X	QFR	HED 210 Healthy Lifestyle Choices	3	X	
CHM 251/256 College Chemistry I/Lab	4	X	SI	CHM 252/257 College Chemistry II/Lab	4	X	SI
				PES Physical Skills Course #1	1	X	
Semester Total	16			Semester Total	17		

**Second Year**

Fall Semester	Credits	Major	Core	Spring Semester	Credits	Major	Core
BIO 266/267 Anatomy & Physiology I / lab	4	X		BIO 268/269 Anatomy & Physiology II / lab	4	X	
BIO 200/201 Introductory Biology I/Lab	4	X		PHY 222 College Physics II	5	X	
PHY 221 College Physics I	5	X		EXS 315 Group Exercise Instruction	3	X	
Global Human Perspectives Elective	3		GHP	HED 360 Health Prom. In the Workplace	3	X	
				PES Physical Skills Course #2	1	X	
Semester Total	16			Semester Total	16		

**Third Year**

Fall Semester	Credits	Major	Core	Spring Semester	Credits	Major	Core
EXS 495 Training and Conditioning	3	X		HSC 205 Social & Cultural Determinants of Health <b>OR</b> SOC 250	3	X	DIS
HED 450 Theories of Health Behavior	3	X		EXS 470 Ex. Testing and Prescription	3	X	
EXS 322 Anatomical Kinesiology	3	X		PHL 240 Health Care Ethics	3	X	HCC
EXS 324 Physical Fitness	2	X		EXS 494 Biomechanics	3	X	
EXS 325/326 Physiology of Exercise / lab	4	X		African-American History & Culture Elective	3		AAHC
Semester Total	15			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		Data & Digital Literacy Elective	3		DDL
EXS 471 Ex. Programs for Special Pops	3	X		EXS 328 Legal/Admin or PE/Sport	3	X	WAC
EXS 415 Evaluation in HHP	3	X		PES Physical Skill Course #3	1	X	
EXS 475 Nutrition and Physical Activity	3	X	WAC				
Semester Total	15			Semester Total	15		

**Degree Total hours: 125 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.

^It is recommended to take HSC 475/457 Gross Anatomy/Lab prior to starting the DPT program. Students can take these courses over the summer or as a post-baccalaureate student.

\* 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.

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