

FOUR YEAR PLAN FOR PHYSICAL ACTIVITY AND HEALTH (BS OPTION) (GE CORE)
HEALTH AND WELLNESS STUDIES + EXERCISE SCIENCE CONCENTRATIONS

Year One- Freshman

Fall Term

Chem 101 (4) SMI
PES 131 (3)
WR 121 (4) GTW/UWR
LIB 127 (3) GTW
(15)

Winter Term

Chem 102 (4) SMI
Art 101 (5) AEH
Geog 106 (5) SMI
(14)

Spring Term

Chem 103 (4) SMI
Phil 102 (5) AEH
Art 129 (5) APC
(14)

Year Two – Sophomore

Fall Term

Biol 231 (4)
Math 212 or 213 (4) SMI
Psy 201 (5) SSC
ENG 104 (4) AEH
(17)

Winter Term

Biol 232 (4)
Psy 231 (3) SSC
HWS 298 (3)
ART 120 (4) APC
(14)

Spring Term

Biol 233 (4)
HWS 250 (3)
HIST 101 (5) SSC
Thea 250 (4) APC
(15)

Year Three – Junior

Fall Term

EXS 321 (3)
HWS 351 (3) UWR
Elective (9)
(15)

Winter Term

EXS 322 (3)
Psy 311 or Gen 350 (5)
SSC
HWS 350 (3) UWR
EXS 312 (3)
Elective (3)
(17)

Spring Term

EXS 323 (5)
EXS 311 (3)
PES 409 (1)
Elective (6)
(15)

Year Four – Senior

Fall Term

HWS 422 (2)
PES 409 (1)
EXS 444 (3)
EXS 451 (3)
Stat 315/316 or 327 (5)
SMI
(14)

Winter Term

HWS 412 (3)
EXS 359 (3)
PES 364 (3)
HWS 325 (4)
EXS 452 (3)
(16)

Spring Term

EXS 440 (3)
EXS 453 (3)
PES 409 (1)
Elective (8)
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General Education highlighted in Yellow
Core Requirements highlighted in Aqua
Concentration highlighted in Green

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