



## Springfield College Sequencing Guidelines Exercise Science Major (EXSC) ▼ 2020-2021

If you entered Springfield College in 2020-2021, use this guide for sequencing your courses. Requirements are subject to change and may not be offered when listed. Use your online degree audit to verify your progress, and always confirm your plans with your advisor.

### GenEd Requirements, Electives, and College Requirements

In addition to the major requirements listed below, you will need to fill the following General Education (GenEd) categories:

- WLPL 100, Exploring Movement & Wellness (1 cr)
- 200-level Wellness & Physical (1 cr)
- 300-level Wellness & Physical (1 cr)
- Literary Studies (3 cr)
- Spiritual and Ethical (3 cr)
- Aesthetic Expression (3 cr)
- Historical and Social (3 cr)
- Themed Explorations (9 cr)

This major typically requires 73 credits to complete. In addition to the GenEd and major requirements listed, you must complete:

- **14 elective credits or more** (depending on GenEds selected) to total at least 120 credits
- The **residency requirement**—45 credits taken at Springfield College (including 15 of your last 30)

### EXSC Major Requirements – Typical First-Year Schedule

**Fall:**

SCSM 101, Springfield College Seminar (GenEd requirement – 3 cr)  
 ENGL 113, College Writing I (GenEd requirement – 3 cr)  
 AEXS 101, Introduction to Applied Exercise Science (3 cr)  
 BIOL 130, Anatomy & Physiology Concepts I (3 cr – also fills Natural Sciences GenEd)  
 BIOL 132, Anatomy & Physiology Concepts I Lab (1 cr – also fills Natural Sciences GenEd)  
 Plus other GenEds, major requirements with flexible timing, or electives (as applicable) to total approximately 15 credits

**Spring:**

ENGL 114, College Writing II (GenEd requirement – 3 cr)  
 BIOL 131, Anatomy & Physiology Concepts II (3 cr)  
 BIOL 133, Anatomy & Physiology Concepts II Lab (1 cr)  
 CHEM 101, Chemistry Survey (3 cr)  
 CHEM 102, Chemistry Survey Laboratory (1 cr)  
 MOSK 101, Outdoor Pursuits (1 cr)  
 Plus other GenEds, major requirements with flexible timing, or electives (as applicable) to total 30 credits for the year

**Fall or Spring:**

Quantitative Reasoning GenEd: MATH 115, College Algebra (3 cr) is recommended, as it's a prerequisite for PHYS 205 (or MATH 125, 131, or 140)

### EXSC Major Requirements – Typical Second-Year Schedule

**Fall or Spring:**

AEXS 313, Physiology of Exercise (3 cr– also fills one WAC requirement)  
 AEXS 315, Physiology of Exercise – Lab (0 cr)  
 PHYS 205, Physics for Movement Science (3 cr)  
 PHYS 207, Physics for Movement Science Laboratory (1 cr)  
 Plus GenEds, major requirements with flexible timing or electives (as applicable) to total 30 credits for the year

### EXSC Major Requirements – Typical Third-Year Schedule

**Fall or Spring:**

AEXS 350, Internship I (2 cr)  
 Plus GenEds, major requirements with flexible timing or electives (as applicable) to total 30 credits for the year

### EXSC Major Requirements – Typical Fourth-Year Schedule

**Fall or Spring:**

AEXS 401, Management of Health/Fitness Programs (3 cr)  
 AEXS 410, Senior Seminar (3 cr)  
 AEXS 486, Internship II (9 cr)  
 Plus any outstanding major requirements, GenEd, or electives to total a minimum of 120 credits

**Additional EXSC Major Requirements – Flexible Timing**

AEXS 284, On-Campus Practicum (1 cr) – should be taken 1<sup>st</sup> or 2<sup>nd</sup> year  
 AEXS 319, Kinesiology/Biomechanics (3 cr) – after meeting prerequisites AND  
 AEXS 321, Kinesiology/Biomechanics – Lab (0 cr)  
 AEXS 335, Measurement and Evaluation (3 cr) – can be taken 2<sup>nd</sup>, 3<sup>rd</sup> or 4<sup>th</sup> year  
 AEXS 360, Exercise Testing and Prescription (3 cr) – should be taken 2<sup>nd</sup> or 3<sup>rd</sup> year fall AND  
 AEXS 362, Exercise Testing and Prescription – Lab (0 cr)  
 AEXS 380, Fundamentals of Training for Health and Performance (3 cr)  
 AEXS 390, Exercise Psychology (3cr)  
 AEXS 465, Exercise Testing and Prescription for Special Populations (3 cr) – after meeting prerequisites  
 AEXS 480, Concepts of Personal Training (3 cr)

NUSC 261, Introduction to Nutrition (3 cr) – should be taken 1<sup>st</sup> or 2<sup>nd</sup> year  
 PEPC 125, Health Fitness Resistance Training (1 cr)  
 PEPC 146, Principles of Group Fitness Instruction (1 cr)

Select **one** of the following:

NUSC 361, Applied Nutrition (3 cr) – can be taken 2<sup>nd</sup> year or later; required for optional Fitness Management and Personal Training track

AEXS 540, Sports Nutrition (3 cr) – should only be taken during 4<sup>th</sup> year

Select **one** of the following:

AEXS 470, Strength and Conditioning (3 cr) – should take 4<sup>th</sup> year; required for optional Sports Performance track AND

AEXS 471, Strength & Conditioning Applications – Lab (0 cr)

AEXS 561, Electrocardiogram Interpretation and Graded Exercise Testing (3 cr) – should only be taken during 4<sup>th</sup> year

AEXS 563, Electrocardiogram Interpretation and Graded Exercise Testing – Lab (0 cr)

**OPTIONAL Tracks****Fitness Management and Personal Training:**

BUSM 150, Introduction to Business (3 cr – also fills one WAC requirement)  
 SMRT 116, Event Management and Promotions (3 cr)  
 NUSC 361, Applied Nutrition (3 cr)  
 BUSM 221, Principles of Marketing (3 cr)  
**or**  
 SMRT 350, Marketing and Public Relations for Sport and Recreation Mgt. (3 cr)  
 BUSM 340, Small Business Management (3 cr)  
 BUSM 375, Entrepreneurial Studies (3 cr – BUSM 210 or instructor permission is prerequisite)  
 PSYC 320, Health Psychology (3 cr – PSYC 101 is prerequisite)  
 PSYC 418, Behavior Modification (3 cr – PSYC 101 is prerequisite)

**Clinical:**

AEXS 561, Electrocardiogram Interpretation and Graded Exercise Testing (3 cr)  
 BIOL 121/123, Bioscience I (3 cr) and Laboratory (1 cr)  
 BIOL 122/124, Bioscience II (3 cr) and Laboratory (1 cr)  
 BIOL 250/252, Human Anatomy and Physiology I (3 cr) and Laboratory (1 cr)  
 BIOL 251/253, Human Anatomy and Physiology II (3 cr) and Laboratory (1 cr)  
 CHEM 121/123\*, General Chemistry I (3 cr) and Laboratory (1 cr)  
 CHEM 122/124, General Chemistry II (3 cr) and Laboratory (1 cr)  
 PHYS 210, General Physics I\* (4 cr)  
 PHYS 211, General Physics II (4 cr)

\*CHEM 121/123 will substitute for CHEM 101/102 and PHYS 210 will substitute for PHYS 205/207. Note that MATH 125, Precalculus, is prerequisite for PHYS 210.

**Sports Performance:**

AEXS 470, Strength & Conditioning (3 cr)  
 AEXS 471, Strength & Conditioning Applications (1 cr)  
 AEXS 540, Sports Nutrition (graduate-level course, 3 cr)  
 MOST 105, Lifespan Motor Development (3 cr)  
 MOST 224, Motor Learning and Skill Acquisition (3 cr – also fills one WAC requirement)  
 MOST 328, Psychology of Sport (3 cr)  
 PHED 212, Principles and Problems of Coaching (2 cr)  
 SMRT 106, Dynamics of Leadership (3 cr)

**EXSC Major – Program Standards**

Program standards for the EXSC major include, but are not limited to:

- A minimum cumulative GPA of 2.750
- A grade of C- or better in all courses with an EXSC prefix
- Earning 10.0 professional developments points (PDPs) through the course of each calendar year, as outlined in the PDP Guideline

For more information about these and other program standards, contact your advisor or the EXSC program coordinator.