



Springfield College Sequencing Guidelines Applied Exercise Science Major (AEXS) ▼ 2026-2027

Requirements are subject to change and may not be offered when listed. Use your online degree audit to verify your progress with your advisor.

Core Curriculum Requirements, Electives, and College Requirements

In addition to the major requirements listed below, you will need to fill the following Core Curriculum categories:

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| <ul style="list-style-type: none"> • 100-level Wellness & Physical (1 cr) | <ul style="list-style-type: none"> • Literature (3 cr) • Spiritual and Ethical (3 cr) | <ul style="list-style-type: none"> • Aesthetic Expression (3 cr) • Historical and Social (3 cr) | <ul style="list-style-type: none"> • Themed Explorations (9 cr) <ul style="list-style-type: none"> ➢ 3 different prefixes ➢ 1 Global course |
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This major typically requires 66 credits to complete. In addition to the Core Curriculum and major requirements listed, you must complete:

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

AEXS Major Requirements – Typical First-Year Schedule

Fall:

SCSM 101, Springfield College Seminar (Core requirement – 3 cr)
 ENGL 113, College Writing I (Core requirement – 3 cr)
 AEXS 101, Introduction to Applied Exercise Science (3 cr)
 BIOL 130, Anatomy & Physiology Concepts I (3 cr – also fills Scientific Reasoning Core)
 BIOL 132, Anatomy & Physiology Concepts I Lab (1 cr –also fills Scientific Reasoning Core)
 Plus other Core and major requirements, or electives to total approximately 15 credits

Spring:

ENGL 114, College Writing II (Core 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)
 WLPL 225, Becoming Skilled in Wellness and Physical Literacy through Strength and Conditioning (1 cr – fills 200-level Wellness and Physical Lit Core)
 Plus other Core and major requirements, or electives, to total approximately 30 credits for the year

*Note: Students interested in the clinical track should prioritize CHEM 121/123 and CHEM 122/124 instead of CHEM 101/102.

Fall or Spring:

Quantitative Reasoning Core (3 cr): MATH 115, College Algebra (prerequisite for PHYS 205, Physics for Movement Science) **or** MATH 125 or 140 (prerequisite for PHYS 210, General Physics I)

AEXS Major Requirements – Typical Second-Year Schedule

Fall or Spring:

AEXS 270, Exercise Psychology (3cr)
 AEXS 284, On-Campus Practicum (1 cr)
 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)
 WLPL 346, Leading in Service through Physical Literacy and Wellness: Principles of Group Fitness (1 cr – fills 300-level Wellness and Physical Lit Core)
 Plus other Core and major requirements, or electives, to total approximately 30 credits for the year

*Note: Students interested in the clinical track should prioritize PHYS 210/PHYS 211 instead of PHYS 205/PHYS 207.

AEXS Major Requirements – Typical Third-Year Schedule

Fall or Spring:

AEXS 350, Internship I (2 cr)
 Plus other Core and major requirements, or electives to total approximately 30 credits for the year

AEXS Major Requirements – Typical Fourth-Year Schedule

Fall or Spring:

AEXS 401, Management of Health/Fitness Programs (3 cr)
 AEXS 410, Senior Seminar in Applied Exercise Science (3 cr)
 AEXS 486, Internship II (9 cr)
 Plus other Core and major requirements, or electives to total 120 credits

Requirements continued on next page

Additional AEXS Major Requirements – Flexible Timing

<p>AEXS 319, Kinesiology/Biomechanics (3 cr) – after meeting prerequisites AND AEXS 321, Kinesiology/Biomechanics – Lab (0 cr) AEXS 335, Measurement and Statistics in Exercise Science – can be taken 2nd, 3rd or 4th year AEXS 360, Exercise Testing and Prescription (3 cr) – should be taken 2nd or 3rd year fall AND AEXS 362, Exercise Testing and Prescription –Lab (0 cr) AEXS 380, Foundations of Training for Health and Performance (3 cr) 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 1st or 2nd year</p>	<p>Select one course (3 cr) of the following: NUSC 300, Advanced Nutrition and Metabolism (3 cr) NUSC 361, Lifespan Nutrition (3 cr) – can be taken 2nd year or later; required for optional Fitness Management and Personal Training track AEXS 540, Sports Nutrition (3 cr) – should only be taken in 4th year, required for Strength and Conditioning Concentration</p> <p>Select one course (3 cr) of the following: AEXS 470, Strength and Conditioning (3 cr) – should take 4th year; required for Strength and Conditioning Concentration AND AEXS 471, Strength & Conditioning Applications – Lab (0 cr) AEXS 561, Electrocardiogram Interpretation and Graded Exercise Testing (3 cr) – should only be taken during 4th year AND AEXS 563, Electrocardiogram Interpretation and Graded Exercise Testing – Lab (0 cr), required for clinical track AEXS 480 Concepts of Personal Training (3 cr), required for fitness management and personal training track</p>
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OPTIONAL Tracks and Concentration

<p>Fitness Management and Personal Training Track (24 cr): BUSM 150, Introduction to Business (3 cr) BUSM 221, Principles of Marketing or SMRT 350, Marketing and Public Relations for Sport and Recreation Management (3 cr) BUSM 340, Small Business Management (3 cr) BUSM 375, Entrepreneurial Studies (3 cr - BUSM 210 or instructor permission is a prerequisite) NUSC 361, Lifespan Nutrition (3 cr) PSYC 320, Health Psychology (3 cr - PSYC 101 is a prerequisite) SMRT 116, Event Management and Promotions (3 cr) AEXS 480, Concepts of Personal Training (3 cr)</p>	<p>Clinical Track (24 – 32 cr): AEXS 561, Electrocardiogram Interpretation and Graded Exercise Testing (3 cr) AND AEXS 563, Electrocardiogram Interpretation and Graded Exercise Testing – Lab (0 cr) BIOL 121, Introductory Molecular and Cellular Biology (3 cr) BIOL 123, Introduction to Bench Research (1 cr) BIOL 122, Introductory Evolutionary, Organismal, and Ecological Biology (3 cr) BIOL 124 Introduction to Field Research (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) NOTE: MATH 125, Precalculus, is a prerequisite for PHYS 210.</p> <p><i>*CHEM 121/123 will substitute for CHEM 101/102, and PHYS 210 will substitute for PHYS 205/207</i></p>	<p>Optional - Strength and Conditioning Concentration (17 cr): AEXS 470, Strength & Conditioning (3 cr) AND AEXS 471, Strength & Conditioning Applications – Lab (0 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) MOST 328, Psychology of Sport (3 cr) PHED 212, Principles and Problems of Coaching (2 cr)</p>
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AEXS Major – Program Standards

<p>Program standards for the AEXS major include, but are not limited to:</p> <ul style="list-style-type: none"> ● A minimum cumulative GPA of 2.750 ● A grade of C- or better in all courses with an AEXS or NUSC prefix ● A grade of C- or better in BIOL 130/132 and BIOL 131/133 <p>For more information about these and other program standards, contact your advisor or the AEXS program director.</p>
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