

BAKER UNIVERSITY MAJOR CHECKLIST

EXERCISE SCIENCE
B.S. ONLY

MAJOR REQUIREMENTS

COURSE COMPLETED OR IN PROGRESS

- 61 credit hours of Exercise Science and Supporting Coursework required
- Minimum of 15 credit hours of Exercise Science must be upper-college

EXERCISE SCIENCE CORE REQUIREMENTS: (40 Hours)

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| EX180 First Aid and CPR/AED for Professional Rescuer (1 hr) | _____ |
| EX181 Introduction to Human Performance | _____ |
| EX245 Human Nutrition | _____ |
| EX247 Public Health Aspects | _____ |
| EX251 Measurements in Exercise Science Lab (1 hr) | _____ |
| EX300 Group Fitness Instruction (1 hr) | _____ |
| EX343 Physiology of Exercise | UC _____ |
| EX345 Therapeutic Exercise | UC _____ |
| EX346 Special Populations and Conditions | UC _____ |
| EX347 Applied Kinesiology | UC _____ |
| EX494 Exercise Programming: Assessment and Prescription (4 hrs) | UC _____ |
| EX497 Clinical Experience in Health, Sport, and Human Performance (12 hrs) | UC _____ |

SUPPORTING COURSES: (18 Hours)

- BI 151 & BI151L Molecular and Cellular Biology & Lab
- BI246 & BI246L Human Anatomy and Physiology I & Lab
- BI247 & BI247L Human Anatomy and Physiology II & Lab
- CH137 General Chemistry
- PY111 General Psychology

B.S. Math Requirement:

(See the Quest general education checklist for options to fulfill this requirement)

NOTE: All students interested in the Exercise Science major must apply directly to the Exercise Science Program and meet specifically designed criteria prior to enrolling in 300/400 level courses. (See the Exercise Science section of the catalog for details.)

STUDENT NAME: _____

STUDENT NUMBER: _____

DATE: _____