

**BAKER UNIVERSITY MAJOR CHECKLIST**

EXERCISE SCIENCE  
B.S. ONLY

MAJOR REQUIREMENTS

COURSE COMPLETED OR IN PROGRESS

**EXERCISE SCIENCE CORE REQUIREMENTS: (39 HRS)**

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: (19 HRS)**

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)

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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 ID: \_\_\_\_\_

DATE: \_\_\_\_\_