



BAKER UNIVERSITY MAJOR CHECKLIST

EXERCISE SCIENCE

B.S. Degree ONLY

MAJOR REQUIREMENTS

COURSE COMPLETED OR IN PROGRESS

EXERCISE SCIENCE CORE REQUIREMENTS: (39 HRS)

EX181 Introduction to Human Performance

EX245 Human Nutrition

PBH247 Social and Behavioral Aspects

EX251 Measurement in Exercise Science Lab

EX300 Group Exercise Instruction

EX344 Exercise Physiology Lab

EX345 Therapeutic Exercise

EX346 Special Populations and Conditions

EX347 Applied Kinesiology

EX494 Exercise Programming: Assessment and Prescription

EX497 Clinical Experience in Exercise Science (12 hrs) **

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**During the Clinical Experience in Exercise Science, students are expected to take a national credentialing exam (see paperwork for specific options). Students are required to pay for the exam at the time of exam registration.

SUPPORTING COURSEWORK: (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 & CH137L General Chemistry I & Lab

PY111 General Psychology

B.S. Math Requirement:

(See the Core 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 ID: _____

DATE: _____

Catalog year: 2025