

**B.S. DEGREE IN MOVEMENT SCIENCE – Health and Exercise Science**  
**Effective Fall 2015**

Freshman Fall Semester			Freshman Spring Semester		
Course	Course Name	Cr	Course	Course Name	Cr
MVSC-110	Intro to Movement Science	1	MVSC-192	University Seminar II	1
MVSC-191	University Seminar I	1	PSYC-201	Intro to General Psychology	3
MVSC 101	Lifetime Fitness and Wellness	2	MVSC-124	Exercise Leadership	3
MTSC-121	College Algebra or Equivalent	3	ENGL -102	English Comp II	3
ENGL-101	English Comp 1	3	MVSC-202	Human Anatomy & Physiology II	4
MVSC-201	Human Anatomy & Physiology I	4			
	<b>Total Credits</b>	<b>14</b>		<b>Total Credits</b>	<b>14</b>
Sophomore Fall Semester			Sophomore Spring Semester		
Course	Course Name	Cr	Course	Course Name	Cr
MVSC-210	Psychology of Physical Activity	3	MVSC-218	Sport and Fitness Nutrition	3
MVSC-355	Exercise Physiology	4	MVSC-255	Introduction to Motor Learning and Motor Control	3
____-____	Any Statistics	3	MVSC-257	Exercise Testing	4
____-____	Arts/Humanities Elective◆■	3	MVSC-265	Research Design *	3
____-____	Elective	3	____-____	Elective	3
	<b>Total Credits</b>	<b>16</b>		<b>Total Credits</b>	<b>16</b>
Junior Fall Semester			Junior Spring Semester		
Course	Course Name	Cr	Course	Course Name	Cr
ENGL-200	Speech	3	HIST-____	History ◆■	3
ENGL-____	Literature ◆■	3	MVSC-200	CPR and First Aid	1
MVSC-364	Exercise Prescription	3	MVSC-319	Biomechanics	3
MVSC-463	Strength and Conditioning	4	MVSC-465	Population Specific Exercise Intervention	3
____-____	Elective	3	MVSC-461	Prevention and Care of Athletic Injuries*	3
			____-____	Arts/Humanities Elective◆■	3
	<b>Total Credits</b>	<b>17</b>		<b>Total Credits</b>	<b>16</b>
Senior Fall Semester			Senior Spring Semester		
Course	Course Name	Cr	Course	Course Name	Cr
GLOB-395	Global Societies	3	SCCJ- 101	Sociology ◆	3
MVSC-____	MVSC Elective	3	MVSC-203	Fitness Management	3
MVSC-483 <b>OR</b>	MVSC Senior Seminar*^ <b>OR</b>	6	____-____ <b>OR</b>	Elective <b>OR</b> MVSC Senior Seminar Research Option II*^	3
MVSC-481	MVSC Senior Seminar Research Option I*^ <b>AND</b> Elective		MVSC 482		
____-____	Elective	3	MVSC-____	MVSC Elective	3
			MVSC-475	CSCS Workshop <b>OR</b>	1
			MVSC-476	HFS Workshop	
	<b>Total Credits</b>	<b>15</b>		<b>Total Credits</b>	<b>13</b>

Note: Students **MUST** take either MVSC 483 **OR** both MVSC 481 and 482 for their Senior Capstone Experience

A grade of C or better must be earned in all courses

◆A second multi-cultural experience course, in addition to SCCJ 101, should be taken within these courses

■African-American experience course should be taken within these courses

\*Writing Intensive Course

^ Senior Capstone Course

<b>Total Credits: 121</b>
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