



Department of Health Sciences

Exercise Science, Bachelor of Science

Four-Year Academic Road Map

Sample only—your academic advisor will help you create a plan that is right for you.

YEAR 1	Fall Quarter				Winter Quarter				Spring Quarter			
	UNIV 101	Transition to CWU	1		BIOL 201	Human Physiology	5		Quantitative Reasoning	5		
	NUTR 101	Intro to Human Nutrition	5		Academic Writing I		5		K1, K3, K4, K5, K6, or K7*	4-5		
	EXSC 254	Foundations of Fitness	3		K3, K4, K5, K6, or K7*		4-5		K1, K3, K4, K5, K6, or K7*	4-5		
		K3, K4, K5, K6, or K7*		4-5								
	Quarter Credits		13-14	Quarter Credits		14-15	Quarter Credits		13-15			

YEAR 2	Fall Quarter				Winter Quarter				Spring Quarter			
	IHP 350	Gross Anatomy Lecture	3		IHP 351	Physiology	4		EXSC 352	Treatment of Ath. Injuries	4	
	IHP 350Lab	Gross Anatomy Lab	3		IHP 351Lab	Physiology Lab	1		EXSC 450+Lab	Physiology of Exercise	5	
	EXSC 371	Movement Analysis	5		K1, K3, K4, K5, K6, or K7*		4-5		MGT 380**	Organizational Management	5	
		K1, K3, K4, K5, K6, or K7*		4-5	MKT 360**	Marketing Essentials	5		General Coursework***		3	
	Quarter Credits		15-16	Quarter Credits		14-15	Quarter Credits		17			

YEAR 3	Fall Quarter				Winter Quarter				Spring Quarter			
	EXSC 480	Sci of Resistance Exercise	4		EXSC 455+Lab	Fitness Asses & Prescrip	5		EXSC 446	Sports Nutrition	3	
	COM 345	Business & Prof. Speaking	4		EXSC 471	Sports Biomechanics	3		EXSC 485	Advanced Topics in Strength	3	
	MGT 395**	Leadership in Business Org	5		MGT 394**	Legal Consid in Sport Bus	5		MKT 370**	Sports Marketing	5	
	EXSC 495A or C	Practicum	2		NUTR 350	Weight Management	3		General Coursework***		6	
	Quarter Credits		15	Quarter Credits		16	Quarter Credits		17			

YEAR 4	Fall Quarter				Winter Quarter				Spring Quarter			
	EXSC 495D	Practicum	2		General Coursework***		17		EXSC 490	Cooperative Education	12	
		General Coursework***		15								
	Quarter Credits		17	Quarter Credits		17	Quarter Credits		12			

*Any course from any of these General Education Requirements is fine. Speak to your advisor for some suggestions.

**Or other Major Electives. Talk to your advisor for options.

***Coursework of your choosing-this could be completing a minor, prerequisites for graduate school, or courses that you're interested in taking for some other reason. Necessary to reach 180 credits needed.

[Department Webpage](#)

[CWU DEGREE REQUIREMENTS](#)

[CWU Course Catalog](#)