

ITHACA COLLEGE
DEPARTMENT OF EXERCISE AND SPORT SCIENCES
B.S. in Clinical Exercise Science

<u>FALL</u>	<u>FRESHMAN</u>		<u>SPRING</u>	<u>FRESHMAN</u>			
**EXSS 12000	Anatomy & Physiology I	4.0	_____	**EXSS 12100	Anatomy & Physiology II	4.0	_____
**EXSS 16200	Introduction to Fitness & Ex. Sci.	2.0	_____	MATH	Math Elective*	3/4	_____
BIOL 11900	Fundamentals of Biology OR			**GERO 10100	Introduction to Aging Studies	3.0	_____
BIOL 12100	Principles of Biology	4.0	_____		Humanities Elective*	3.0	_____
WRIT 10600	Academic Writing I OR				Free Elective	3.0	_____
WRIT 11100	Academic Writing II	3.0	_____				
	Computer Science Elective*	3.0	_____				
							16/17
		16.0					
<u>SUMMER</u>			<u>SPRING</u>	<u>SOPHOMORE</u>			
**EXSS 17300	Fieldwork in CES I	1.0	_____	**EXSS 26300	Exercise Techniques	2.0	_____
				**EXSS 20200	Sport & Exercise Psychology	3.0	_____
				EXSS 27300	Community Service in ESS	1.0	_____
				PSYC	Psychology Elective	3.0	_____
				SPCM 11000	Public Communication OR		
				SPCM 11500	Bus. & Prof. Communication	3.0	_____
					Free Elective	3.0	_____
				PALS/PHED	Dance/Martial Arts	.5/1	_____
							15.5/16.0
		17.0/18.0					
<u>FALL</u>	<u>SOPHOMORE</u>		<u>SPRING</u>	<u>JUNIOR</u>			
**EXSS 22000	Kinesiology	4.0	_____	**EXSS 42100	Advanced Exercise Physiology	3.0	_____
**EXSS 24600	P & C Athletic Injuries	3.0	_____	**EXSS 44700	Pathophysio, Ltd. Cap., & Exer.	3.0	_____
**EXSS 26200	Prin. Fitness Eval. & Prescription	4.0	_____	**EXSS 46200	Fit. Program Leader & Admin.	2.0	_____
**HLTH 20200	Human Nutrition	3.0	_____	**EXSS 42000	Advanced Biomechanics	4.0	_____
**EXSS 22100	Biomechanics of Human Mvmt. OR			**EXSS 42200	Exercise & Rehab. Psychology	3.0	_____
PHYS 10100	Intro to Physics	3/4	_____				15.0
		16.0/17.0					
<u>FALL</u>	<u>JUNIOR</u>		<u>SPRING</u>	<u>SENIOR</u>			
**EXSS 32100	Exercise Physiology	4.0	_____	**EXSS 47300	Internship: Preventative CES OR		
**EXSS 32000	Neuromuscular Control	3.0	_____	**#EXSS 47400	Internship: Rehabilitative CES	6	12
	Statistics Elective*	3/4	_____		Free Elective (if needed)	3.0	_____
WRIT 20100	Persuasive Argument OR				Free Elective (if needed)	3.0	_____
WRIT 21100	Writing in the Workplace	3.0	_____				12.0
MGMT 20600	Org Behavior & Management	3.0	_____				
		16.0/17.0					
<u>SUMMER</u>			<u>SPRING</u>	<u>SENIOR</u>			
**EXSS 37300	Fieldwork in CES II	1.0	_____				
<u>FALL</u>	<u>SENIOR</u>						
**EXSS 46300	App. Strength & Cond. Prin. OR						
**EXSS 46400	Cardiopulmonary Assess. for Ex.	3.0	_____				
**EXSS 46500	Practicum in Fitness Leadership	1.0	_____				
PALS	Activity Elective*	1.0	_____				
PALS	Aquatics Elective*	.5/1	_____				
PHIL 21200	Introduction to Ethics OR	3.0	_____				
PHIL 23000	Bioethics	3.0	_____				
	Free Elective	4.0	_____				
		12.5/13					

Rev. 6/07

*From approved courses-see reverse side.

**Minimum C- grades required; 2.75 average required in **coursework
 #EXSS 47400 may be completed if 3.00 in ESS requirements & 2.75 cum