

ITHACA COLLEGE
DEPARTMENT OF EXERCISE AND SPORT SCIENCES
B.S. in 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	Intro to Fitness & Ex. Science	2.0 _____	MATH	Math Elective*	3/4 _____
BIOL 11900	Fundamentals of Biology OR		PSYC	Psychology Elective	3.0 _____
BIOL 12100	Principles of Biology	4.0 _____		Computer Science Elective*	3.0 _____
WRIT 10600	Academic Writing I OR			Free Elective	<u>3.0</u> _____
WRIT 11100	Academic Writing II	3.0 _____			
PALS	Activity Elective*	<u>1.0</u> _____			
		14.0			16.0/17.0

<u>FALL</u>	<u>SOPHOMORE</u>		<u>SPRING</u>	<u>SOPHOMORE</u>	
EXSS 22000	Kinesiology	4.0 _____	EXSS 20200	Sport & Exercise Psychology	3.0 _____
EXSS 24600	P & C Athletic Injuries	3.0 _____	HLTH 20200	Human Nutrition	3.0 _____
EXSS 26200	Prin. Fitness Evaluation & Presc.	4.0 _____	SPCM 11000	Public Communication OR	
HLTH 12200	Emergency Health Care	1.0 _____	SPCM 11500	Bus. & Prof. Communication	3.0 _____
	Free Elective	<u>3.0</u> _____		Statistics Elective*	3/4 _____
		15.0		Free Elective	<u>3.0</u> _____
					15.0/16.0

<u>FALL</u>	<u>JUNIOR</u>		<u>SPRING</u>	<u>JUNIOR</u>	
EXSS 22100	Biomechanics of Human Mvmt.	3.0 _____	EXSS 27300	Community Service in ESS	1.0 _____
EXSS	ESS Restricted Elective*	3.0 _____	EXSS 32100	Exercise Physiology	4.0 _____
	Humanities Elective*	3.0 _____	EXSS 37500	Research Methods in ESS	3.0 _____
	NS Elective	3.0 _____	PHIL 21200	Introduction to Ethics OR	
	Free Elective	<u>3.0</u> _____	PHIL 23000	Bio Ethics	3.0 _____
		15.0	EXSS	ESS Restricted Elective*	<u>3.0</u> _____
					14.0

<u>FALL</u>	<u>SENIOR</u>		<u>SPRING</u>	<u>SENIOR</u>	
EXSS 32000	Neuromuscular Control	3.0 _____	PALS	Activity Elective*	0/5 _____
WRIT	Writing Elective	3.0 _____		Social Sciences Elective*	3.0 _____
PALS	Aquatics Elective*	.5/1 _____	EXSS	ESS Restricted Elective*	3.0 _____
EXSS	ESS Restricted Elective*	3.0 _____	EXSS	ESS Restricted Elective*	3.0 _____
	Free Elective	2.0 _____		Free Elective	3.0 _____
	Free Elective	<u>3.0</u> _____		Free Elective	<u>3/4</u> _____
		14.5/15.0			15/16.5

*From approved courses--see reverse side.
 Rev. 06/07

