

**ITHACA COLLEGE**  
**DEPARTMENT OF EXERCISE AND SPORT SCIENCES**  
**B.S. in Exercise Science**  
**Medical Sciences Emphasis**

|                    |                                   |                   |                      |                                   |                  |
|--------------------|-----------------------------------|-------------------|----------------------|-----------------------------------|------------------|
| <b><u>FALL</u></b> | <b><u>FRESHMAN</u></b>            |                   | <b><u>SPRING</u></b> | <b><u>FRESHMAN</u></b>            |                  |
| EXSS 12000         | Anatomy & Physiology I            | 4.0 _____         | EXSS 12100           | Anatomy & Physiology II           | 4.0 _____        |
| EXSS 16200         | Intro to Fitness & Ex. Science    | 2.0 _____         | BIOL 12000           | Fundamentals of Biology <b>OR</b> |                  |
| BIOL 11900         | Fundamentals of Biology <b>OR</b> |                   | BIOL 12200           | Principles of Biology             | 4.0 _____        |
| BIOL 12100         | Principles of Biology             | 4.0 _____         | WRIT 10600           | Academic Writing I <b>OR</b>      |                  |
| MATH               | Math Elective*                    | 4.0 _____         | WRIT 11100           | Academic Writing II               | 3.0 _____        |
| PALS               | Activity Elective*                | <u>.5/1</u> _____ | HLTH 12200           | Emergency Health Care             | 1.0 _____        |
|                    |                                   |                   |                      | Computer Science Elective*        | <u>3.0</u> _____ |
|                    |                                   | 14.5/15.0         |                      |                                   | 15.0             |
| <b><u>FALL</u></b> | <b><u>SOPHOMORE</u></b>           |                   | <b><u>SPRING</u></b> | <b><u>SOPHOMORE</u></b>           |                  |
| EXSS 22000         | Kinesiology                       | 4.0 _____         | EXSS 20200           | Sport & Exercise Psychology       | 3.0 _____        |
| EXSS 24600         | P & C Athletic Injuries           | 3.0 _____         | SPCM 11000           | Public Communication <b>OR</b>    |                  |
| EXSS 26200         | Prin. Fitness Evaluation & Presc. | 4.0 _____         | SPCM 11500           | Bus. & Prof. Communication        | 3.0 _____        |
| CHEM 11100&11300   | Fund of Chem w/lab <b>OR</b>      |                   | CHEM 11200&11400     | OChem & Biochem w/lab <b>OR</b>   |                  |
| CHEM 12100         | Principles of Chem I              | <u>4.0</u> _____  | CHEM 22100&12400     | EChem & Organic Chem              | 4.0/5.0 _____    |
|                    |                                   |                   | PALS                 | Aquatics Elective*                | .5/1 _____       |
|                    |                                   | 15.0              | PALS                 | Activity Elective*                | .5/1 _____       |
|                    |                                   |                   |                      | Free Elective                     | <u>3.0</u> _____ |
|                    |                                   |                   |                      |                                   | 14.0/16.0        |
| <b><u>FALL</u></b> | <b><u>JUNIOR</u></b>              |                   | <b><u>SPRING</u></b> | <b><u>JUNIOR</u></b>              |                  |
| EXSS 32100         | Exercise Physiology               | 4.0 _____         | EXSS 32000           | Neuromuscular Control             | 3.0 _____        |
| EXSS 27300         | Community Service in ESS          | 1.0 _____         |                      | Social Sciences Elective          | 3.0 _____        |
| CHEM 22200&22500   | EChem & Organic Chem <b>OR</b>    |                   | EXSS 37500           | Research Methods in ESS           | 3.0 _____        |
|                    | Free Elective                     | 3.0/5.0 _____     | PHIL 21200           | Introduction to Ethics <b>OR</b>  |                  |
| HLTH 20200         | Human Nutrition                   | 3.0 _____         | PHIL 23000           | BioEthics                         | 3.0 _____        |
|                    | Statistics Elective*              | <u>3/4</u> _____  | CHEM 23200           | Quantitative Chemistry <b>OR</b>  | 3.0 _____        |
|                    |                                   |                   |                      | Free Elective                     | <u>3.0</u> _____ |
|                    |                                   | 14.0/17.0         |                      |                                   | 15.0             |
| <b><u>FALL</u></b> | <b><u>SENIOR</u></b>              |                   | <b><u>SPRING</u></b> | <b><u>SENIOR</u></b>              |                  |
| WRIT               | Writing Elective                  | 3.0 _____         | EXSS 42000           | Adv Biomechanics                  | 4.0 _____        |
| PSYC               | Psychology Elective*              | 3.0 _____         | PHYS 10200           | Intro to Physics II <b>OR</b>     |                  |
| PHYS 10100         | Intro to Physics <b>OR</b>        |                   | PHYS 11800           | Prin of Physics OR                | 4.0 _____        |
| PHYS 11700         | Prin of Physics                   | 4.0 _____         |                      | Free Elective                     | 3.0 _____        |
|                    | Free Elective                     | 3.0 _____         |                      | Humanities Elective               | 3.0 _____        |
|                    | Free Elective                     | <u>0/3</u> _____  |                      | Free Elective                     | <u>1/2</u> _____ |
|                    |                                   | 13.0/16.0         |                      |                                   | 15.0/16.0        |

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

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