

ITHACA COLLEGE
DEPARTMENT OF EXERCISE AND SPORT SCIENCES
B.S. in Exercise Science
Sport & Exercise Psychology Concentration

<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 _____		Computer Science Elective*	3.0 _____
BIOL 11900	Fundamentals of Biology OR		MATH	Math Elective*	4.0 _____
BIOL 12100	Principles of Biology	4.0 _____	HLTH 12200	Emergency Health Care	1.0 _____
WRIT 10600	Academic Writing I OR		PSYC 11300	General Psychology	
WRIT 11100	Academic Writing II	3.0 _____		Lab	2.0 _____
PSYC 10300	General Psychology	3.0 _____			14.0
		16.0			

<u>FALL</u>	<u>SOPHOMORE</u>		<u>SPRING</u>	<u>SOPHOMORE</u>	
EXSS 22000	Kinesiology	4.0 _____		Statistics Elective*	3/4 _____
EXSS 24600	P&C Athletic Injuries	3.0 _____	HLTH 20200	Human Nutrition	3.0 _____
EXSS 20200	Sport & Exercise Psychology	3.0 _____	EXSS 29900	Psychology of Coaching	3.0 _____
PSYC 20100	Proseminar in Motivation	3.0 _____	SPCM 11000	Public Communication OR	
PALS	Aquatics Elective*	.5/1 _____	SPCM 11500	Bus. & Prof. Communication	3.0 _____
	Free Elective	3.0 _____		Free Elective	3.0 _____
		16.5/17.0	PALS	Activity Elective*	.5/1 _____
					15.5/17

<u>FALL</u>	<u>JUNIOR</u>		<u>SPRING</u>	<u>JUNIOR</u>	
EXSS 22100	Biomechanics of Human Mvmt.	3.0 _____	EXSS 32100	Exercise Physiology	4.0 _____
EXSS 33000	Motivation & Communication	3.0 _____	EXSS 37500	Research Methods in ESS	3.0 _____
EXSS 32000	Neuromuscular Control	3.0 _____	EXSS 40400	Leadership/Team Building	3.0 _____
PSYC 31100	Behavioral Neuroscience	3.0 _____	PHIL 21200	Introduction to Ethics OR	
PALS	Activity Elective*	.5 _____	PHIL 23000	BioEthics	3.0 _____
		12.5	PSYC 31600	Social Psychology	3.0 _____
					16.0

<u>FALL</u>	<u>SENIOR</u>		<u>SPRING</u>	<u>SENIOR</u>	
EXSS 40500	Applied Tech. in Sport Psych.	3.0 _____	EXSS 43600	Sport and Exercise Counseling	3.0 _____
WRIT	Writing Elective	3.0 _____		Social Sciences Elective*	3.0 _____
PSYC 33000	Cognition	3.0 _____	PSYC 40700	Personality	3.0 _____
	Humanities Elective*	3.0 _____		Free Elective	4.0 _____
	Free Elective	3.0 _____			13.0
		15.0			

*From approved courses--see reverse side.