

Exercise Science- Strength and Conditioning Concentration
2024-2025

	<u>FALL</u>	<u>FIRST YEAR</u>	<u>CH</u>	<u>GRADE</u>		<u>Sem Taken</u>
				<u>MT</u>	<u>Final</u>	
	EXSS 12000	Anatomy & Physiology I	4			
	EXSS 12500	Foundations of Human Perf/Wellness	2			
	WRIT 10600	Academic Writing	4			
	IC CORE	Ithaca Seminar	4			
		SEM CH:		SEM GPA:		
				CUM GPA:		

SUMMER EXSS 17300 Fieldwork I

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	<u>FALL</u>	<u>SOPHOMORE</u>	<u>CH</u>	<u>GRADE</u>		<u>Sem Taken</u>
				<u>MT</u>	<u>Final</u>	
	EXSS 20200	Sport and Exercise Psychology	3			
	EXSS 26200	Personal Training	3			
	EXSS 26400	Strength & Conditioning	3			
	EXSS 26500	Practicum in Health-Related Assessment	1			
	HLTH 20200	Human Nutrition	3			
		Free Elective	3			
		SEM CH:		SEM GPA:		
		CUM CH:		CUM GPA:		

	<u>FALL</u>	<u>JUNIOR</u>	<u>CH</u>	<u>GRADE</u>		<u>Sem Taken</u>
				<u>MT</u>	<u>Final</u>	
	PHYS 10100	Physics I	4			
	EXSS 32100	Exercise Physiology	4			
	EXSS 37500/IC CORE	Research Methods (WI)	3			
	EXSS 38400	Practicum in Athletic Assessment	1			
	EXSS 42200	Exercise and Rehabilitation Psych	3			
		SEM CH:		SEM GPA:		
		CUM CH:		CUM GPA:		

	<u>FALL</u>	<u>SENIOR</u>	<u>CH</u>	<u>GRADE</u>		<u>Sem Taken</u>
				<u>MT</u>	<u>Final</u>	
	EXSS 42100	Advanced Exercise Physiology	3			
	EXSS 46600	Admin, Mentor, ProPrep	3			
	EXSS 47000	Applied Practice in P&W	2			
		Free Elective	3			
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		Free Elective	3			
		SEM CH:		SEM GPA:		
		CUM CH:		CUM GPA:		

	<u>SPRING</u>	<u>FIRST YEAR</u>	<u>CH</u>	<u>GRADE</u>		<u>Sem Taken</u>
				<u>MT</u>	<u>Final</u>	
	EXSS 12100	Anatomy & Physiology II	4			
	MATH xxxxx/IC CORE	Statistics Elective (see back) (QL)	3			
	IC CORE	Themes and Perspectives (HM)	3			
	IC CORE	Themes and Perspectives (SO)	3			
		Free Elective	3			
		SEM CH:		SEM GPA:		
		CUM CH:		CUM GPA:		

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	EXSS 22000	Kinesiology	4			
	EXSS 24600	P&C of Athletic Injuries	3			
	EXSS 38500	Practicum in Resist Ex & OWL	1			
	IC CORE	Themes and Perspectives (CA)	3			
	IC CORE	Diversity Elective (D)	3			
		SEM CH:		SEM GPA:		
		CUM CH:		CUM GPA:		

	<u>SPRING</u>	<u>JUNIOR</u>	<u>CH</u>	<u>GRADE</u>		<u>Sem Taken</u>
				<u>MT</u>	<u>Final</u>	
	EXSS 30600	Biomechanics	4			
	EXSS 32000	Neuromuscular Control	3			
	EXSS 38600	Practicum in Field-based Conditions	1			
	EXSS 38700	Practicum in P&W Testing	1			
	EXSS 39000	Advanced S&C	3			
	EXSS 44700	Pathophysiology	3			
		SEM CH:		SEM GPA:		
		CUM CH:		CUM GPA:		

	<u>SPRING</u>	<u>SENIOR</u>	<u>CH</u>	<u>GRADE</u>		<u>Sem Taken</u>
				<u>MT</u>	<u>Final</u>	
	EXSS 47300/IC CAP	Internship: Strength & Conditioning*	6			
		(Note: Internship can be 6-12cr)				
		Free Elective	3			
		Free Elective	3			
		SEM CH:		SEM GPA:		
		CUM CH:		CUM GPA:		

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Statistics Electives

MATH 14400	Statistics for Bus, Econ & MGT	4
MATH 14500	Statistics for Hlth, Life & SS	4
MATH 15500	Basic Statistical Reasoning	3
PSYCH 20700	Statistics in Psychology	4