

EXSC: Exercise Science Health Promotion Academic Map

Name: _____
ID: _____

This academic map is a suggested four-year schedule of courses based on degree requirements in the GGC catalog. This sample schedule serves as a general guideline to help build a full schedule each term.

FRESHMAN FALL		FRESHMAN SPRING		FRESHMAN SUMMER	
Course	Hours	Course	Hours	Course	Hours
<input type="checkbox"/> ENGLISH COMPOSITION 1 ENGL 1101	3	<input type="checkbox"/> ENGLISH COMPOSITION 2 ENGL 1102	3	Recommend taking classes in the summer to stay on track	
<input type="checkbox"/> PRE-CALCULUS MATH 1113	4	<input type="checkbox"/> INTRODUCTION TO COMPUTING ITEC 1001	4	<i>Potential Summer Activities:</i>	
<input type="checkbox"/> CHEMISTRY 1 CHEM 1151K OR CHEM 1211K	4	<input type="checkbox"/> CHEMISTRY 2 CHEM 1152K OR CHEM 1212K	4	<ul style="list-style-type: none"> Shadow a professional in your career field Study Abroad Volunteer 	
<input type="checkbox"/> HUMANITIES/FINE ARTS MUSC 1100 / ARTS 1100 / ENGL 21XX / FILM 1005	3	<input type="checkbox"/> PRINCIPLES OF BIOLOGY 1 BIOL 1107K	4		
<input type="checkbox"/> CHOICES FOR LIFE PHED 1101	1				
TOTAL	15	TOTAL	15		
RUNNING TOTAL	15	RUNNING TOTAL	30		
SOPHOMORE FALL		SOPHOMORE SPRING		SOPHOMORE SUMMER	
<input type="checkbox"/> PSYCHOLOGY PSYC 1102	3	<input type="checkbox"/> ANATOMY & PHYSIOLOGY 2 BIOL 2452K	4	Recommend taking classes in the summer to stay on track	
<input type="checkbox"/> INTRODUCTION TO PHYSICS 1 PHYS 1111K	4	<input type="checkbox"/> INTRODUCTION TO EXERCISE SCIENCE EXSC 3000	3	<i>Potential Summer Activities:</i>	
<input type="checkbox"/> ANATOMY & PHYSIOLOGY 1 BIOL 2451K	4	<input type="checkbox"/> STATISTICS MATH 2050	3	<ul style="list-style-type: none"> Shadow a professional in your career field Study Abroad Volunteer 	
<input type="checkbox"/> AMERICAN GOVERNMENT POLS 1101	3	<input type="checkbox"/> HUMANITIES/GLOBAL CULTURE RELN 1100 / GEOG 1101 / 2000 LEVEL FOREIGN LANGUAGE	3		
<input type="checkbox"/> PHYSICAL EDUCATION Any PHED except 1101	1	<input type="checkbox"/> GENERAL ELECTIVE 1000-4000 LEVEL	3		
TOTAL	15	TOTAL	16		
RUNNING TOTAL	45	RUNNING TOTAL	61		
JUNIOR FALL		JUNIOR SPRING		JUNIOR SUMMER	
<input type="checkbox"/> EXERCISE PHYSIOLOGY EXSC 3101k	4	<input type="checkbox"/> BIOMECHANICS EXSC 3500K	4	Recommend taking classes in the summer to stay on track	
<input type="checkbox"/> CHANGING HEALTH BEHAVIORS EXSC 3250	3	<input type="checkbox"/> INTRODUCTION TO EPIDEMIOLOGY EXSC 3450	3	<i>Potential Summer Activities:</i>	
<input type="checkbox"/> RESEARCH METHODS EXSC 3050	3	<input type="checkbox"/> HEALTH, DISEASE, AND NUTRITION EXSC 3610	3	<ul style="list-style-type: none"> Shadow a professional in your career field Study Abroad Volunteer 	
<input type="checkbox"/> U.S. HISTORY HIST 2111 OR 2112	3	<input type="checkbox"/> COMMUNITY WELLNESS EXSC 3350	3		
<input type="checkbox"/> GENERAL ELECTIVE 1000-4000 LEVEL	3	<input type="checkbox"/> HISTORY HIST 1111, 1112, 1121, 1122, 2111, or 2112	3		
TOTAL	16	TOTAL	16		
RUNNING TOTAL	77	RUNNING TOTAL	93		
SENIOR FALL		SENIOR SPRING		SENIOR SUMMER	
<input type="checkbox"/> TESTING & PRESCRIPTION OF EXERCISE EXSC 4100k	4	<input type="checkbox"/> WELLNESS PROMOTION PROGRAM PLANNING EXSC 4400	4	Graduation in May!	
<input type="checkbox"/> GLOBAL HEALTH EXSC 3400	3	<input type="checkbox"/> HEALTH COMMUNICATION EXSC 4250	3		
<input type="checkbox"/> PHYSICAL EDUCATION ANY PHED EXCEPT PHED 1101	1	<input type="checkbox"/> EXERCISE SCIENCE ELECTIVE EXSC 3000/4000	3		
<input type="checkbox"/> ITEC 2XXX ITEC 2110 OR 2120	4	<input type="checkbox"/> INTERNSHIP/PRACTICUM/RESEARCH EXSC 4700, EXSC 4750, OR STEC 4500	3		
<input type="checkbox"/> EXERCISE SCIENCE ELECTIVE EXSC 3000/4000	3	<input type="checkbox"/> GENERAL ELECTIVE 1000-4000 LEVEL	3		
TOTAL	15	TOTAL	16		
RUNNING TOTAL	108	RUNNING TOTAL	124		

This map is not a substitute for academic advisement—contact your advisor if you have any questions about scheduling or about your degree requirements. Also see the current undergraduate catalog for a complete list of requirements, electives, and pre-requisites. Note: Requirements are continually under revision, and there is no guarantee they will not be changed or revoked; contact the department and/or program area for current information. Specific summer courses may not be offered as planned. Created based on the GGC Concentration requirements.