### Sample Options

#### Fall Semester 1
- ENGL 1301 – Rhetoric and Composition
- EXSI 1201 – Individualized Fitness
- EXSI 1301 – Introduction to Exercise Science
- HIST (3)
- IDST 1101 – Freshman Studies
- MATH 1310 – College Algebra
- UNIV 0101 – University Studies

Total Credits: 15

#### Spring Semester 1
- CHEM 1403 – Introductory Chemistry
- COMM 2301 – Communication
- Elective (3)
- ENGL 1302 – Literature and Composition
- HIST (3)

Total Credits: 16

### Sample Options

#### Fall Semester 2
- BIOL 1403 – Human Anatomy and Physiology I
- EXSI 2305 – Scientific Foundations of Strength Training and Conditioning
- IDST 2305 – Perspectives in Critical Thinking
- LANG 1401 – (French, German, or Spanish)

Total Credits: 14

#### Spring Semester 2
- BIOL 1404 – Human Anatomy and Physiology II
- Elective (3)
- LANG 1402 – (French, German, or Spanish)
- PHIL/RELI (3)
- POLS 2301 – American Government (National and Texas)

Total Credits: 17

### Sample Options

#### Fall Semester 3
- EXSI (3-4, Upper level)
- EXSI 3320 – Measurement and Evaluation in Exercise Science
- Fine Arts/Lit. (3)
- IDST 3360 – The Creative Experience
- Social Institutions (3)

Total Credits: 15-16

#### Spring Semester 3
- Elective (3)
- ENGL 3303 – Technical Communication or ENGL 3307 – Advanced Composition
- EXSI (3, Upper level Elective)
- EXSI 3307 – Program Administration
- EXSI 3321 – Kinesiology

Total Credits: 15

### Sample Options

#### Fall Semester 4
- Elective (3)
- EXSI 4323 – Motor Learning
- EXSI 4422 – Physiology of Exercise
- IDST 4340 – Problems & Solutions in a Global Society

Total Credits: 13

#### Spring Semester 4
- Elective (9)
- EXSI 4325 – Nutrition and Exercise Performance
- EXSI 4395 – Research Applications in Exercise Science

Total Credits: 15

### TOTAL Credits - 120