## SUGGESTED FOUR-YEAR PLAN BEGINNING 2011-2012

This curriculum guide is intended for use in coordination with corresponding degree plan and course rotations.

### Sample Options

#### Fall Semester 1
- BIOL 2401 – Human Anatomy and Physiology I
- ENGL 1301 – Rhetoric and Composition
- EXSI 1201 – Individualized Fitness
- IDST 1101 – Freshman Studies
- LANG 1401 – (French, German, or Spanish)
- UNIV 0101 – University Studies

**14 Credits**

#### Fall Semester 2
- CHEM 1101, 1301 – General Chemistry I & Lab
- EXSI 2305 – Scientific Foundations of Strength and Conditioning
- IDST 2305 – Perspectives in Critical Thinking
- MATH 2422 – Calculus I

**17 Credits**

#### Fall Semester 3
- CHEM 2411 – Organic Chemistry I
- EXSI 3320 – Measurement and Evaluation in Exercise Science
- EXSI 4323 – Motor Learning
- IDST 3360 – The Creative Experience
- PHYS (4)

**17 Credits**

#### Fall Semester 4
- EXSI 4422 – Physiology of Exercise
- EXSI 4395 – Research Applications in Exercise Science
  or EXSI 4396 – Certification Preparation
- Fine Arts/Lit. (3)
- IDST 4340 – Problems & Solutions in a Global Society

**13 Credits**

#### Spring Semester 1
- BIOL 2402 – Human Anatomy and Physiology II
- HIST (3)
- LANG 1402 – (French, German, or Spanish)
- PHIL/RELI (3)
- Social Institutions (3)

**17 Credits**

#### Spring Semester 2
- BIOL 2302 – Scientific Problem-Solving Utilizing Spreadsheets
- CHEM 1102, 1302 – General Chemistry II & Lab
- COMM 2301 – Communication
- MATH 2423 – Calculus II

**14 Credits**

#### Spring Semester 3
- CHEM 2412 – Organic Chemistry II
  or PHYS (4)
- EXSI 3307 – Program Administration
- EXSI 3321 – Kinesiology
- EXSI 3398 – Internship in Exercise Science
- POLS 2301 – American Government (National and Texas)

**16 Credits**

#### Spring Semester 4
- EXSI 4325 – Nutrition and Exercise Performance
  or EXSI 4395 – Research Applications in Exercise Science
  or EXSI 4396 – Certification Preparation
- Elective (6)

**12 Credits**

**TOTAL Credits - 120**