

Exercise Science Associate of Science

START
HERE

Semester 1

Course Number	Course Name	Credits	Milestone	Completed
ENGL 1200‡ /1201	Gateway College Writing/College Writing I	4	Yes	<input type="checkbox"/>
CHEM 1010 or CHEM 1061	Introduction to Chemistry or Principles of Chemistry I	4	Yes	<input type="checkbox"/>
EXSC 1500†	Foundations of Exercise Science	3		<input type="checkbox"/>
EXSC 1900†	Worldwide Fitness and Wellness Trends	1		<input type="checkbox"/>
MnTC Goal 5	Goal 5 (History and the Social and Behavioral Sciences)	3		<input type="checkbox"/>

Total Credits: 15

Semester 2

Course Number	Course Name	Credits	Milestone	Completed
ENGL 1202	College Writing II	2	Yes	<input type="checkbox"/>
BIOL 1001 or BIOL 1101	Biology I or Principles of Biology I	4	Yes	<input type="checkbox"/>
PSYC 1150	General Psychology	3		<input type="checkbox"/>
EXSC 1250	Wellness for Life	3		<input type="checkbox"/>
SOC 1110	Introduction to Sociology	3		<input type="checkbox"/>

Total Credits: 15

Semester 3

Course Number	Course Name	Credits	Milestone	Completed
BIOL 2111	Anatomy & Physiology I	4	Yes	<input type="checkbox"/>
EXSC 2010†	Essentials of Exercise Science	3	Yes	<input type="checkbox"/>
EXSC 1050	Weight Training	1	Yes	<input type="checkbox"/>
HLTH 1070	Nutrition	3		<input type="checkbox"/>
COMM 1110	Interpersonal Communications	3		<input type="checkbox"/>

Total Credits: 14

Semester 4

Course Number	Course Name	Credits	Milestone	Completed
BIOL 2112	Anatomy & Physiology II	4	Yes	<input type="checkbox"/>
EXSC 2600 or EXSC 1060	Wellness Coaching and Behavior Change or Advanced Weight Training	2	Yes	<input type="checkbox"/>
EXSC 2110*	Advanced Fitness Testing and Exercise Prescription	3	Yes	<input type="checkbox"/>
EXSC 2490*	Kinesiology	4	Yes	<input type="checkbox"/>
MATH 1130	Elementary Statistics	3		<input type="checkbox"/>

Total Credits: 16

FINISHED



Milestone Courses

should be taken in the order shown. This will help you stay on track and graduate on time.

Helpful Hints

‡ ENGL0990 must be taken at the same time as ENGL1200

-We have a partnership with Southwest for BS degree

-After completing EXSC 2010 & 2100, students can sit for the NASM exam to be a certified personal trainer. EXSC 2100 will have an additional fee of \$499 for the study materials for the exam.



Disclaimer: This roadmap represents one possible pathway through the program, so please make an appointment with your Academic Advisor to create an education plan that is customized to meet your needs. This information subject to change.

† Leaf/Dagger (†) means the class is only offered Fall semester. * Flower/Asterisk (*) means the class is only offered Spring Semester. Double Dagger (‡) means the course has a corequisite that must be taken at the same time.