

**University of West Alabama**  
**Bachelor of Science (B.S.) in Exercise Science**  
**Suggested 4 Year Course Plan for 1st Semester Entering Freshman (Revised 8/20/2016)**

**FRESHMAN YEAR**

FALL SEMESTER		SPRING SEMESTER		Year
AT 100 Introduction to Art; MU 100 Introduction to Music; TH 100 Introduction to Theater OR HR 100 Honors Forum (1) or HR 200 Honors Special Topics: Interdisciplinary (2)	3	CH 111 General Chemistry I (Prerequisite: MH 113. Students with an ACT math subscore of 23 or higher may take CH 111 concurrently with MH 113)	4	
BY 101 Principles of Biology & BY 101L Principles of Biology Lab OR BY 103 Honors Biology & BY 103L Honors Biology Lab	4	EH 102 Written English II (EH 101) or EH 104 Honors English II	3	
EH 101 Written English I (EH 099 if English ACT <18) or EH 103 Honors English I	3	MH 113 Pre-Calculus Algebra ("C" or higher in MH 101, an ACT math subscore of 20 or higher, or other appropriate standardized test scores.) (MH 101 if Math ACT <20, MH 081 if <16, MH 080 if <14)	3	
PE 100 Tennis; PE 102 Pickleball; PE 108 Archery; PE 111 Walking; PE 112 Jogging; PE 113 Aerobics; PE 116 Weight Training; PE 121 Coed Basketball**	1	PE 103 Racquetball; PE 106 Golf; PE 111 Walking; PE 112 Jogging; PE 113 Aerobics; PE 116 Weight Training; PE 124 Volleyball**	1	
PE 251 Concepts in Health, Wellness, and Fitness	3	PE 250 First Aid and CPR Professional Rescuer/AED	1	
UWA 101 Freshman Seminar	2	SH 100 Speech or SH 150 Professional Speaking	3	
<b>TOTAL</b>	<b>16</b>		<b>15</b>	<b>31</b>

\*EH 103 Honors English I (ACT composite score of 22 or higher and an ACT English score of 24 or higher) and EH 104 Honors English II (EH 103 with a "C" or higher or ACT composite score of 28 or higher and an ACT English score of 28 or CLEP or AP score at requisite level) will substitute for EH 101 and EH 102.

\*BY 103 Honors Biology (ACT composite score of 22 or higher and an ACT Science Reasoning score of 24 or higher) will substitute for BY 101.

**SOPHOMORE YEAR**

FALL SEMESTER		SPRING SEMESTER		Year
AN 100 Introduction to Anthropology; EC 201 Microeconomics; EC 202 Macroeconomics (EC 201); GY 100 Introduction to Geography; PS 110 American Government; PY 100 General Psychology; SY 100 Sociology; SY 110 Social Problems (If considering converting to PE Sports Management Emphasis, then EC 201 & EC 202 should be taken and PY 100 or SY 100)	3	BY 232 Anatomy & Physiology II & BY 232L Anatomy & Physiology II Lab (BY 231)	4	
BY 231 Anatomy & Physiology I & BY 231L Anatomy and Physiology I Lab (BY 101 or BY 103)	4	EH 222 British Literature II ("C" or above in EH 102 or EH 104); EH 232 American Literature II ("C" or above in EH 102 or EH 104) or EH 214 Honors Literature II	3	
EH 221 British Literature I ("C" or above in EH 102 or EH 104); EH 231 American Literature I ("C" or above in EH 102 or EH 104) or EH 213 Honors Literature I	3	EX 242 Flexibility or EX 246 Endurance Training**	2	
EX 240 Foundations of Exercise Science**	3	HY 102 Western Civilization II (HY 101); HY 212 American History II or HY 103 Honors History II	3	
HY 101 Western Civilization I; HY 211 American History I or HY 103 Honors History I	3	PE 373 Introduction to Athletic Training (PE 250 and PE 200 or PE 240 and 6 hours of Athletic Training or Physical Education)**	3	
<b>TOTAL</b>	<b>16</b>		<b>15</b>	<b>31</b>

\*HY 103 Honors History I (ACT composite score of 22 or higher and an ACT Reading score of 24 or higher) and HY 104 Honors History II (HY 103 with a "C" or higher or ACT composite score of 28 or higher and an ACT Reading score of 28 or CLEP or AP score at the requisite level) will substitute for HY 211 and HY 212 or HY 101 and HY 102.

\*EH 213 Honors Literature I (2.5 average in EH 103 and EH 104 or 3.5 GPA in EH 101 and EH 102) will substitute for EH 221 or 231 and EH 214 Honors Literature II ("C" or above in EH 213 or 3.5 GPA in EH 101 and EH 102) will substitute for EH 222 or 232.

**JUNIOR YEAR**

FALL SEMESTER		SPRING SEMESTER		SUMMER SEMESTER	Year
EX 241 Strength, Speed and Power Training ***	2	EX 444 Exercise Physiology (BY 231 and AH 200 or PE 200 or PE 240 and 6 hours of Athletic Training or Physical Education)**	3	EX 449 Exercise Science Internship***	9
EX 345 Motor Learning and Motor Development (BY 231 and PE 200 or PE 240 and 6 hours of Athletic Training or Physical Education)	3	EX 445 Exercise Physiology Lab (AH 200 or PE 200 or PE 240 and 6 hours of Athletic Training or Physical Education)**	1		
EX 421 Measurement and Evaluation in Human Performance (PE 200 or PE 240 and 6 hours of Athletic Training or Physical Education)***	3	EX 446 Biomechanics of Human Movement (PE 443)***	3		
EX 443 Kinesiology (BY 231 and AH 200 or PE 200 or PE 240 and 6 hours of Athletic Training or Physical Education)**	3	EX 470 Development of Strength & Conditioning Programs (AH 200 or PE 200 or PE 240 and 6 hours of athletic training or physical education)***	3		
EX 451 Exercise Prescription***	3	PE 423 Adapted Physical Education (ED 300 or PE 200 or PE 240 and 6 hours of Athletic Training or Physical Education)	3		
PH 201 College Physics I (MH 113 or higher) ***	4	PE 434 Sport & Exercise Law (AH 200 or PE 200 or PE 240 and 6 hours of Athletic Training or Physical Education)***	3		
<b>TOTAL</b>	<b>18</b>		<b>16</b>		<b>9 43</b>

**SENIOR YEAR**

FALL SEMESTER		SPRING SEMESTER		Year
AN 100 Introduction to Anthropology; EC 201 Microeconomics; EC 202 Macroeconomics (EC 201); GY 100 Introduction to Geography; PS 110 American Government; PY 100 General Psychology; SY 100 Sociology; SY 110 Social Problems (If considering converting to PE Sports Management Emphasis, then EC 201 & EC 202 should be taken and PY 100 or SY 100)	3			
EX 442 Sport and Exercise Nutrition (BY 231)***			3	
PE 465 Psychology & Sociology of Human Performance***			3	
PE or AT 300 – 400 level approved 3 hour course elective			6	
<b>TOTAL</b>			<b>15</b>	<b>15</b>

**OVERALL PROGRAM REQUIREMENT HOURS = 120**

\*\*These courses are taught only in the semesters where listed, but may also be taught in the summer.

\*\*\*These courses are taught only once a year in the semesters where listed.