

Program Planning Guideline for freshman intending to major in

Exercise Science

FRESHMAN YEAR

First Semester	Credit Hours	Second Semester	Credit Hours
BCC 100 Freshman Seminar	1	Behavioral and Social Sciences	3
Behavioral and Social Sciences	3	BIO 111	4
KIN 221	1	RHW 102	3
RHW 101	3	Humanities	3
Humanities	3	KIN 201	1
KIN 380	3	PSY 101	3
KIN Activity	1		

SOPHOMORE YEAR

First Semester	Credit Hours	Second Semester	Credit Hours
Humanities	3	BIO 207	4
BIO 206	4	CHM 109 or PHY 112	3
CHM 108 or PHY 111	4	General Education Elective	3
COM 203	3	KIN Course	3
KIN 220	1	MAT 111	3
KIN Activity	1		

CONTACT PERSON

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