

# EXSC: Exercise Science Health Promotion Academic Map

Name \_\_\_\_\_

This academic map is a suggested four-year schedule of courses based on degree requirements in the GGC catalog. This sample schedule serves as a general guideline to help build a full schedule each term. *Missing milestones could delay your program.*

ID \_\_\_\_\_

FRESHMAN FALL		FRESHMAN SPRING		FRESHMAN SUMMER	
Course	Hours	Course	Hours	Course	Hours
<input type="checkbox"/> ENGLISH COMPOSITION 1 ENGL 1101	3	<input type="checkbox"/> ENGLISH COMPOSITION 2 ENGL 1102	3	Recommend taking classes in the summer to stay on track	
<input type="checkbox"/> PRE-CALCULUS MATH 1113	4	<input type="checkbox"/> PRINCIPLES OF BIOLOGY 1 BIOL 1107K	4		
<input type="checkbox"/> CHEMISTRY 1 CHEM 1151K OR 12111K	4	<input type="checkbox"/> CHEMISTRY 2 CHEM 1151 K OR 12112K	4		
<input type="checkbox"/> HUMANITIES/FINE ARTS MUSC 1100 / ARTS 1100 / ENGL 21XX / FILM 1005	3	<input type="checkbox"/> INTRODUCTION TO COMPUTING ITEC 1001	4		
<input type="checkbox"/> CHOICES FOR LIFE PHED 1101	1				
<b>TOTAL</b>	<b>15</b>	<b>TOTAL</b>	<b>15</b>		
<b>TOTAL RUNNING TOTAL</b>	<b>15</b>	<b>TOTAL RUNNING TOTAL</b>	<b>30</b>		

SOPHOMORE FALL		SOPHOMORE SPRING		SOPHOMORE SUMMER	
<input type="checkbox"/> PSYCHOLOGY PSYC 1102	3	<input type="checkbox"/> ANATOMY & PHYSIOLOGY 2 BIOL 2452K	4	Recommend taking classes in the summer to stay on track	
<input type="checkbox"/> PHYSICAL EDUCATION Any PHED except 1101	1	<input type="checkbox"/> INTRODUCTION TO EXERCISE SCIENCE EXSC 3000	3		
<input type="checkbox"/> ANATOMY & PHYSIOLOGY 1 BIOL 2451K	4	<input type="checkbox"/> STATISTICS MATH 2000	3		
<input type="checkbox"/> INTRODUCTION TO PHYSICS 1 PHYS 1111K	4	<input type="checkbox"/> HUMANITIES/FINE ARTS MUSC 1100 / ARTS 1100 / ENGL 21XX / FILM 1005	3		
<input type="checkbox"/> AMERICAN GOVERNMENT POLS 1101	3	<input type="checkbox"/> ELECTIVE 1000-4000 LEVEL	3		
<b>TOTAL</b>	<b>15</b>	<b>TOTAL</b>	<b>16</b>		
<b>TOTAL RUNNING TOTAL</b>	<b>45</b>	<b>TOTAL RUNNING TOTAL</b>	<b>61</b>		

JUNIOR FALL		JUNIOR SPRING		JUNIOR SUMMER	
<input type="checkbox"/> U.S. HISTORY HIST 2111 or 2112	3	<input type="checkbox"/> HISTORY HIST 1111, 1112, 1122, 2111, or 2112	3	Recommend taking classes in the summer to stay on track	
<input type="checkbox"/> EXERCISE PHYSIOLOGY EXSC 3101K	4	<input type="checkbox"/> INTRODUCTION TO EPIDEMIOLOGY EXSC 3450	3		
<input type="checkbox"/> CHANGING HEALTH BEHAVIORS EXSC 3250	3	<input type="checkbox"/> NUTRITION IN HEALTH & DISEASE EXSC 3850	3		
<input type="checkbox"/> RESEARCH METHODS EXSC 3050	3	<input type="checkbox"/> BIOMECHANICS EXSC 3500K	4		
<input type="checkbox"/> ELECTIVE 1000-4000 LEVEL	3	<input type="checkbox"/> COMMUNITY WELLNESS EXSC 3350	3		
<b>TOTAL</b>	<b>16</b>	<b>TOTAL</b>	<b>16</b>		
<b>TOTAL RUNNING TOTAL</b>	<b>77</b>	<b>TOTAL RUNNING TOTAL</b>	<b>93</b>		

SENIOR FALL		SENIOR SPRING		SENIOR SUMMER	
<input type="checkbox"/> EXERCISE TESTING & PRESCRIPTION EXSC 4100K	4	<input type="checkbox"/> HEALTH COMMUNICATION EXSC 4250	3	<b>Graduation in May!</b>	
<input type="checkbox"/> GLOBAL HEALTH EXSC 3400	3	<input type="checkbox"/> RESEARCH, PRACTICUM, or INTERNSHIP STEC 4500, EXSC 4750, or EXSC 4700	3		
<input type="checkbox"/> PHYSICAL EDUCATION Any PHED except 1101	1	<input type="checkbox"/> EXERCISE SCIENCE ELECTIVE 3000-4000 LEVEL	3		
<input type="checkbox"/> ITEC 2XXX ITEC 2110 or 2120	4	<input type="checkbox"/> WELLNESS PROMOTION PROGRAM PLANNING EXSC 4400	4		
<input type="checkbox"/> EXERCISE SCIENCE ELECTIVE 3000-4000 LEVEL	3	<input type="checkbox"/> ELECTIVE 1000-4000 LEVEL	3		
<b>TOTAL</b>	<b>15</b>	<b>TOTAL</b>	<b>16</b>		
<b>TOTAL RUNNING TOTAL</b>	<b>108</b>	<b>TOTAL RUNNING TOTAL</b>	<b>124</b>		