

EXSC: Exercise Science Wellness 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"/> HUMANITIES / FINE ARTS RELN 1100 / GEOG 1101 / 2000-LEVEL FOREIGN LANGUAGE	3				
<input type="checkbox"/> CHEMISTRY 1 CHEM 12111K or CHEM 1151K	4		<input type="checkbox"/> CHEMISTRY 2 CHEM 12112K or CHEM 1152K	4				
<input type="checkbox"/> INTRODUCTION TO COMPUTING ITEC 1001	4		<input type="checkbox"/> PSYCHOLOGY PSYC 1102	3				
<input type="checkbox"/> CHOICES FOR LIFE PHED 1101	1		<input type="checkbox"/> ITEC 2XXX ITEC 2110 or 2120	4				
TOTAL	16		TOTAL	17				
RUNNING TOTAL	16		RUNNING TOTAL	33				
SOPHOMORE FALL			SOPHOMORE SPRING			SOPHOMORE SUMMER		
<input type="checkbox"/> U.S. HISTORY HIST 2111 OR 2112	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"/> STATISTICS MATH 2000	3		<input type="checkbox"/> MICROBIOLOGY FOR HEALTH SCIENCES BIOL 2516K	4				
<input type="checkbox"/> ANATOMY & PHYSIOLOGY 1 BIOL 2451K	4		<input type="checkbox"/> PSYCHOSOCIAL ASPECTS OF HEALTH EXSC 3200	3				
<input type="checkbox"/> INTRODUCTION TO PHYSICS 1 PHYS 1111K	4		<input type="checkbox"/> PHYSICAL EDUCATION Any PHED except 1101	1				
TOTAL	15		TOTAL	15				
RUNNING TOTAL	48		RUNNING TOTAL	63				
JUNIOR FALL			JUNIOR SPRING			JUNIOR SUMMER		
<input type="checkbox"/> HISTORY HIST 1111, 1112, 1121, 1122, 2111, or 2112 (take one of these courses not already completed)	3		<input type="checkbox"/> COMMUNITY WELLNESS EXSC 3350	3		Recommend taking classes in the summer to stay on track		
<input type="checkbox"/> BIOMECHANICS EXSC 3500K	4		<input type="checkbox"/> AMERICAN GOVERNMENT POLS1101	3				
<input type="checkbox"/> NUTRITION IN HEALTH AND EXERCISE EXSC 3800	3		<input type="checkbox"/> EXERCISE PHYSIOLOGY EXSC 3101K	4				
<input type="checkbox"/> ELECTIVE 1000-4000 LEVEL	3		<input type="checkbox"/> EXERCISE SCIENCE ELECTIVE 1000-4000 LEVEL	3				
<input type="checkbox"/> ELECTIVE 1000-4000 LEVEL	3		<input type="checkbox"/> ELECTIVE 1000-4000 LEVEL	3				
TOTAL	16		TOTAL	16				
RUNNING TOTAL	79		RUNNING TOTAL	95				
SENIOR FALL			SENIOR SPRING			SENIOR SUMMER		
<input type="checkbox"/> WELLNESS PROMOTION PROG PLAN EXSC 4400	3		<input type="checkbox"/> RESEARCH/INTERNSHIP EXSC 4700 / STEC 4500	3		Graduation in May!		
<input type="checkbox"/> HUMANITIES/FINE ARTS MUSC 1100 / ARTS 1100 / ENGL 21XX / FILM 1005	3		<input type="checkbox"/> EXERCISE SCIENCE ELECTIVE 1000-4000 LEVEL	3				
<input type="checkbox"/> EPIDEMIOLOGY & PHYSICAL ACTIVITY EXSC 4200	3		<input type="checkbox"/> ELECTIVE 1000-4000 LEVEL	3				
<input type="checkbox"/> EXERCISE SCIENCE ELECTIVE 1000-4000 LEVEL	3		<input type="checkbox"/> ELECTIVE 1000-4000 LEVEL	3				
<input type="checkbox"/> ELECTIVE 1000-4000 LEVEL	3		<input type="checkbox"/> ELECTIVE 1000-4000 LEVEL	3				
TOTAL	15		TOTAL	15				
RUNNING TOTAL	110		RUNNING TOTAL	125				

This map is not a substitute for academic advisement—contact your advisor if you have any questions about scheduling or about your degree requirements. Also see the current undergraduate catalog for a complete list of requirements, electives, and pre-requisites. *Note: Requirements are continually under revision, and there is no guarantee they will not be changed or revoked; contact the department and/or program area for current information. Specific summer courses may not be offered as planned. Created based on the GGC Concentration requirements.*