

EXSC: Exercise Science- HEALTH PROMOTION

Academic Map 2025-2026

Name: _____
ID: _____

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.

FRESHMAN FALL			FRESHMAN SPRING			FRESHMAN SUMMER		
Course		Hours	Course		Hours			
<input type="checkbox"/> ENGLISH COMPOSITION 1 ENGL 1101		3	<input type="checkbox"/> ENGLISH COMPOSITION 2 ENGL 1102		3	Take classes in the summer to stay on track! Other recommended summer activities: - Shadow a professional in your desired career field. - Volunteer to gain experience or work a summer job. - Study for and obtain an entry level certification.		
<input type="checkbox"/> COLLEGE ALGEBRA MATH 1111		3	<input type="checkbox"/> PRE-CALCULUS MATH 1113		4			
<input type="checkbox"/> CHEMISTRY 1 CHEM 1151K OR CHEM 1211K		4	<input type="checkbox"/> CHEMISTRY 2 CHEM 1152K OR CHEM 1212K		4			
<input type="checkbox"/> INTRODUCTION TO COMPUTING ITEC 1001		4	<input type="checkbox"/> INTRODUCTION TO PSYCHOLOGY PSYC 1102		3			
<input type="checkbox"/> CHOICES FOR LIFE PHED 1101		1	<input type="checkbox"/> PHYSICAL EDUCATION Any PHED except 1101		1			
	TOTAL	15		TOTAL	15			
	RUNNING TOTAL	15		RUNNING TOTAL	30			
SOPHOMORE FALL			SOPHOMORE SPRING			SOPHOMORE SUMMER		
<input type="checkbox"/> INTRODUCTION TO EXERCISE SCIENCE EXSC 2000		3	<input type="checkbox"/> ANATOMY & PHYSIOLOGY 2 BIOL 2252K		4	Take classes in the summer to stay on track! Other recommended summer activities: - Continue shadowing or completing observation hours. - Observe different professionals in various settings. - Study abroad!		
<input type="checkbox"/> PRINCIPLES OF BIOLOGY BIOL 1107K		4	<input type="checkbox"/> STATISTICAL DATA ANALYSIS FOR THE SCIENCES MATH 2050		3			
<input type="checkbox"/> ANATOMY & PHYSIOLOGY 1 BIOL 2251K		4	<input type="checkbox"/> ARTS/HUMANITIES/ETHICS (FINE ARTS) MUSC 1100/ARTS 1100 / ENGL 2111 or 2112 or 2121 or 2122 or 2131 or 2132 / FILM 1005/THEA 1100		3			
<input type="checkbox"/> INTRODUCTION TO DATA SCIENCE DATA 1501 (or ITEC 2110/2120)		3	<input type="checkbox"/> CHANGING HEALTH BEHAVIORS EXSC 3250		3			
<input type="checkbox"/> PHYSICAL EDUCATION Any PHED except 1101		1	<input type="checkbox"/> AMERICAN GOVERNMENT POLS 1101		3			
	TOTAL	15		TOTAL	16			
	RUNNING TOTAL	45		RUNNING TOTAL	61			
JUNIOR FALL			JUNIOR SPRING			JUNIOR SUMMER		
<input type="checkbox"/> EXERCISE PHYSIOLOGY EXSC 3101K		4	<input type="checkbox"/> INTRODUCTION TO PHYSICS PHYS 1111K		4	Take classes in the summer to stay on track! Other recommended summer activities: - Continue shadowing or completing observation hours. - Observe different professionals in various settings. - Study for/take graduate entrance exams if considering graduate study.		
<input type="checkbox"/> RESEARCH METHODS EXSC 3050		3	<input type="checkbox"/> GLOBAL HEALTH EXSC 3400		3			
<input type="checkbox"/> EXERCISE SCIENCE ELECTIVE EXSC 3000/4000		3	<input type="checkbox"/> HEALTH, DISEASE, AND NUTRITION EXSC 3610		3			
<input type="checkbox"/> INTRODUCTION TO SOCIOLOGY SOCI 1101		3	<input type="checkbox"/> INTRODUCTION TO EPIDEMIOLOGY EXSC 3450		3			
<input type="checkbox"/> GENERAL ELECTIVE 1000-4000 LEVEL		3	<input type="checkbox"/> ARTS/HUMANITIES/ETHICS (GLOBAL CULTURE) RELN 1101/GEOG 1101/ FREN, CHIN, SPAN 1002,2001, or 2002/ PHIL 2010		3			
	TOTAL	16		TOTAL	16			
	RUNNING TOTAL	77		RUNNING TOTAL	93			
SENIOR FALL			SENIOR SPRING			Graduation in May!		
<input type="checkbox"/> TESTING & PRESCRIPTION OF EXERCISE EXSC 4100K		4	<input type="checkbox"/> WELLNESS PROMOTION PROGRAM PLANNING EXSC 4400		4			
<input type="checkbox"/> COMMUNITY WELLNESS EXSC 3350		3	<input type="checkbox"/> HEALTH COMMUNICATION EXSC 4250		3			
<input type="checkbox"/> HISTORY HIST 2111 or 2112		3	<input type="checkbox"/> EXERCISE SCIENCE ELECTIVE EXSC 3000/4000		3			
<input type="checkbox"/> BIOMECHANICS EXSC 3500K		4	<input type="checkbox"/> GENERAL ELECTIVE 1000-4000 LEVEL		3			
			<input type="checkbox"/> INTERNSHIP/PRACTICUM/RESEARCH EXSC 4700, EXSC 4750, OR STEC 4500		3			
	TOTAL	14		TOTAL	16			
	RUNNING TOTAL	107		RUNNING TOTAL	123			

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.* updated 10.16.24