

EXSC: Exercise Science- HEALTH PROMOTION Academic Map 2025-2026

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.

Name: _____
ID: _____

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		
<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		
<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		
<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