

# 2019–20 Exercise Science Academic Map

## Department of Health and Human Performance

### Middle Tennessee State University • Murfreesboro



An academic map is a suggested four-year schedule of courses based on degree requirements in the undergraduate catalog. This sample schedule serves as a general guideline to help build a full schedule each term. Milestones, courses, and special requirements necessary for timely progress to complete a major are designated to keep you on track to graduate in four years. **Missing milestones could delay your program.**

**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 ([catalog.mtsu.edu](http://catalog.mtsu.edu)) for a complete list of requirements and electives. *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.*

**You may choose to attend a summer term to reduce your load during fall or spring terms but still stay on track to graduate in four years (see back). NOTE: Learning Support courses will alter the sequences on this map.**

### Suggested Fall/Spring Four-Year Schedule\*

FRESHMAN FALL			FRESHMAN SPRING		
Course	Hours	Milestones/Notes	Course	Hours	Milestones/Notes
ENGL 1010 (Comm)	3		ENGL 1020 (Comm)	3	
Soc/Beh Sci (Rubric 1)	3		Soc/Beh Sci (Rubric 2)	3	HLTH 1530/1531 rec.
COMM 2200 (Comm)	3		Hum/FA (Rubric 1)	3	
Nat Sci (Rubric 1)	4		MATH (Math)	3	
PHED activity	1		Elective	3	
			EXSC 1000	1	
<b>SUBTOTAL</b>	<b>14</b>		<b>SUBTOTAL</b>	<b>16</b>	
SOPHOMORE FALL			SOPHOMORE SPRING		
ENGL 2020, ENGL 2030, or HUM 2610 (Hum/FA)	3		ATHT 3580	3	
EXSC 3000	3		HIST 2010, HIST 2020, or HIST 2030	3	
Elective	3		EXSC 3500	3	
HIST 2010, HIST 2020, or HIST 2030	3		BIOL 2010/2011 (required for major/ recommended for Nat Sci)	4	Recommended for Nat Sci requirement; must earn C or higher
Elective	3		Hum/FA (Rubric 2)	3	
<b>SUBTOTAL</b>	<b>15</b>		<b>SUBTOTAL</b>	<b>16</b>	
JUNIOR FALL			JUNIOR SPRING		
BIOL 2020/2021	4	Prereq: C or higher in BIOL 2010/2011	EXSC 4000	3	Prereq: C- or higher EXSC 3830/3831
EXSC 3830/3831	4	Prereq: C or higher in BIOL 2010/2011; EXSC 3000	EXSC 4230	3	Prereq/coreq: C- or higher in EXSC 3500, 4240
Elective	4		EXSC 4240	3	Prereq: C- or higher in EXSC 3830/3831
ATHT 4060	3		ATHT 3900/3901	4	Prereq: BIOL 2010/2011
			Elective	3	Depending on Gen Ed
<b>SUBTOTAL</b>	<b>15</b>		<b>SUBTOTAL</b>	<b>16</b>	
SENIOR FALL			SENIOR SPRING		
EXSC 4260	3	Prereq: C- or higher in EXSC 4240	EXSC 4250	12	Also available summer term
EXSC 4010	3	Prereq: C- or higher in EXSC 4000			
NFS 3000	3				
Elective	4				
Elective	3				
<b>SUBTOTAL</b>	<b>16</b>		<b>SUBTOTAL</b>	<b>12</b>	

\*NOTE: This map represents one of many options. See your advisor for more information.

**TOTAL HOURS IN PROGRAM: 120**

# Exercise Science Suggested Fall/Spring/Summer Four-Year Schedule

Refer to [www.mtsu.edu/financial-aid/scholarships](http://www.mtsu.edu/financial-aid/scholarships) for information regarding use of the Lottery Scholarship for the summer term.

FRESHMAN FALL			FRESHMAN SPRING		
Course	Hours	Milestones/Notes	Course	Hours	Milestones/Notes
ENGL 1010 (Comm)	3		ENGL 1020 (Comm)	3	
COMM 2200 (Comm)	3		Soc/Beh Sci (Rubric 1)	3	HLTH 1530/1531 rec
Nat Sci (Rubric 1)	4		MATH (Math)	3	
Elective	3		Hum/FA (Rubric 1)	3	
EXSC 1000	1				
<b>SUBTOTAL</b>	<b>14</b>		<b>SUBTOTAL</b>	<b>12</b>	
FRESHMAN SUMMER					
Soc/Beh Sci (Rubric 2)	3		Elective	3	
<b>SUBTOTAL</b>	<b>3</b>		<b>SUBTOTAL</b>	<b>3</b>	
SOPHOMORE FALL			SOPHOMORE SPRING		
ENGL 2020, ENGL 2030, or HUM 2610 (Hum/FA)	3		ATHT 3580	3	
EXSC 3000	3		HIST 2010, HIST 2020, or HIST 2030	3	
Elective	3		EXSC 3500	3	
Elective	3		BIOL 2010/2011 (required for major/ recommended for Nat Sci)	4	Recommended for Nat Sci requirement; must earn C or higher
<b>SUBTOTAL</b>	<b>12</b>		<b>SUBTOTAL</b>	<b>13</b>	
SOPHOMORE SUMMER					
HIST 2010, HIST 2020, or HIST 2030	3		Hum/FA (Rubric 2)	3	
<b>SUBTOTAL</b>	<b>3</b>		<b>SUBTOTAL</b>	<b>3</b>	
JUNIOR FALL			JUNIOR SPRING		
BIOL 2020/2021	4	Prereq: C or higher in BIOL 2010/2011	EXSC 4000	3	Prereq: C- or higher EXSC 3830/3831
EXSC 3830/3831	4	Prereq: C or higher in BIOL 2010/2011; EXSC 3000	Elective	3	
ATHC 4060	3		ATHT 3900/3901	4	Prereq: BIOL 2010/2011
Elective	2		Elective	3	Depending on Gen Ed
<b>SUBTOTAL</b>	<b>13</b>		<b>SUBTOTAL</b>	<b>13</b>	
JUNIOR SUMMER					
EXSC 4240	3	Prereq: C- or higher EXSC 3830/3831	EXSC 4230	3	Prereq/coreq: C- or higher in EXSC 3500, 4240
<b>SUBTOTAL</b>	<b>3</b>		<b>SUBTOTAL</b>	<b>3</b>	
SENIOR FALL			SENIOR SPRING		
EXSC 4260	3	Prereq: EXSC 4240	EXSC 4250	12	Also available summer term
EXSC 4010	3	Prereq: EXSC 4000			
NFS 3000	3				
Elective	3				
PHED activity course	1				
<b>SUBTOTAL</b>	<b>13</b>		<b>SUBTOTAL</b>	<b>12</b>	
<b>*NOTE: This map represents one of many options. See your advisor for more information.</b>					
<b>TOTAL HOURS IN PROGRAM: 120</b>					

## Notes:

- 120 semester hours with at least a 2.00 grade point average; 12 of the last 18 hours must be taken at MTSU—not transferred
- 42 upper-division hours (3000-4000 level courses) with at least a 2.00 grade point average

- 30 upper-division hours must be taken at MTSU—not transferred
- 60 senior college hours (taken at a four-year college)  
Any course substitution(s) must be approved on an MTSU Course Substitution form with appropriate advisor, department chair, and college dean signatures **before** being submitted to the graduation analyst.