

2022–23 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) 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	
SUBTOTAL	14		SUBTOTAL	16	
SOPHOMORE FALL			SOPHOMORE SPRING		
ENGL 2020, ENGL 2030, or HUM 2610 (Hum/FA)	3		ATHT 3580	3	
EXSC 3000	3		HIST 2010, 2020, 2030, 2040, or 2050	3	
Elective	3		EXSC 3500	3	
HIST 2010, 2020, 2030, 2040, or 2050	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	
SUBTOTAL	15		SUBTOTAL	16	
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
ATHC 4060	3		ATHT 3900/3901	4	Prereq: BIOL 2010/2011
			Elective	3	Depending on Gen Ed
SUBTOTAL	15		SUBTOTAL	16	
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				
SUBTOTAL	16		SUBTOTAL	12	

*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 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				
SUBTOTAL	14		SUBTOTAL	12	
FRESHMAN SUMMER					
Soc/Beh Sci (Rubric 2)	3		Elective	3	
SUBTOTAL	3		SUBTOTAL	3	
SOPHOMORE FALL			SOPHOMORE SPRING		
ENGL 2020, ENGL 2030, or HUM 2610 (Hum/FA)	3		ATHT 3580	3	
EXSC 3000	3		HIST 2010, 2020, 2030, 2040, or 2050	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
SUBTOTAL	12		SUBTOTAL	13	
SOPHOMORE SUMMER					
HIST 2010, 2020, 2030, 2040, or 2050	3		Hum/FA (Rubric 2)	3	
SUBTOTAL	3		SUBTOTAL	3	
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	
ATHT 4060	3		ATHT 3900/3901	4	Prereq: BIOL 2010/2011
Elective	2		Elective	3	Depending on Gen Ed
SUBTOTAL	13		SUBTOTAL	13	
JUNIOR SUMMER					
EXSC 4240	3	Prereq: C- or higher EXSC 3830/3831	EXSC 4230	3	Prereq/coreq: C- or higher in EXSC 3500, 4240
SUBTOTAL	3		SUBTOTAL	3	
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				
SUBTOTAL	13		SUBTOTAL	12	
*NOTE: This map represents one of many options. See your advisor for more information.					
TOTAL HOURS IN PROGRAM: 120					