

2023–24 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 | Prereq/concurrent: EXSC 1000 with C- or higher |
| 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 | c |
| 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 | Prereq/concurrent: EXSC 1000 with C- or higher |
| 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 | |
| ATHC 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 | | | | | |