

MAJOR REQUIREMENTS (88 UNITS) Grades of "C" or better required.	FALL	WINTER	SPRING
Exercise Science Core Curriculum (46 units)			
EXSC 104 Seminar in Exercise Science (1)	_____	_____	_____
EXSC 224 Structural Kinesiology (4) Prerequisite: BIOL 131	_____	_____	_____
EXSC 254 Current Concepts & Applications of Fitness (4) Prerequisite: HLSC 120	_____	_____	_____
EXSC 275 Critical Scholarship in Exercise Science (4) Prerequisite: ENGL 113 or 124	_____	_____	_____
EXSC 350 Exercise Science Colloquium I (1)	_____	_____	_____
EXSC 354 Methods of Fitness Instruction (4) Prerequisite: HLSC 120 & EXSC 254	_____	_____	_____
EXSC 364 Research Methods (4) Prerequisite: MATH 155 & EXSC 275	_____	_____	_____
EXSC 394 Internship in Exercise Science I (2) Prerequisite EXSC 254 & EXSC 354	_____	_____	_____
EXSC 424 Biomechanics of Human Movement (4) Prerequisite: BIOL 131, 132, PHYS 117, PHYS 117 and Junior standing	_____	_____	_____
EXSC 426 Exercise Physiology (4) Prerequisite: BIOL 131 & 132	_____	_____	_____
EXSC 444 Physiological Assessment & Exercise Prescription (3) Prerequisite: BIOL 131, EXSC 426, MATH 121 & HLSC 120	_____	_____	_____
EXSC 494 Internship in Exercise Science II (2) Prerequisite: EXSC 444, Senior standing, CPR certification, and Department chair approval	_____	_____	_____
HLSC 225 Nutrition Theory and Practice (4) Life Science. No laboratory. Prerequisite: Sophomore; recommended: HLSC 120/HLSC 214	_____	_____	_____
HLSC 326 Behavior Change in Health & Wellness (4)	_____	_____	_____
Major Electives (24 units, max 8 units combined from ARTS/COMM/FLTV))			
EXSC 215A Introduction to Athletic Training I (2) Prerequisite: BIOL 131	_____	_____	_____
EXSC 215B Introduction to Athletic Training II (2) Prerequisite: EXSC 215A	_____	_____	_____
EXSC 416 Movement in Cultural Perspective (4) Prerequisite: ENGL 113/124; Arts and Humanities*	_____	_____	_____
EXSC 418E Sport Psychology (4)	_____	_____	_____
ARTS 194 PS/ Illustrator Image Creation (4)	_____	_____	_____
ARTS 274B Hand-Building (recommended for OT and Pre-Dentistry)	_____	_____	_____
ARTS 395A Web Design Communication Principles (with Arts dept chair approval)	_____	_____	_____
BIOL 446/446L Human Gross Anatomy	_____	_____	_____
COMM 226 Mass Media in Society (4)	_____	_____	_____
COMM 238 Introduction to Writing for Print Media	_____	_____	_____
COMM 244 Interpersonal Communication	_____	_____	_____
FLTV 104 Editing for Beginners (4) OR FLTV 112 Basic Production Techniques (4)	_____	_____	_____
Up to 8 units of HLSC courses, excluding 120, 275, 475, 490, 495, 499	_____	_____	_____
Up to two activity classes (total 1 unit towards major)	_____	_____	_____
Up to two, 1-year science sequences (BIOL 111-113, CHEM 111-113, or PHYS 231-233)	_____	_____	_____
Required Cognates (18 units)			
BIOL 131 Human Anatomy and Physiology I (5) Life Science*	_____	_____	_____
BIOL 132 Human Anatomy and Physiology II (5) Prerequisite: BIOL 131	_____	_____	_____
MATH 155 Introductory Statistics (4)	_____	_____	_____
PHYS 117 Intro to Physics (4) and PHYS 117L Lab OR PHYS 231 General Physics (4) and PHYS 231L Lab (1) Physical science*	_____	_____	_____

UNIVERSITY STUDIES FOUNDATIONAL STUDIES (21-34 UNITS) Grades of "C" or better required.	FALL	WINTER	SPRING
I FIRST-YEAR SEMINAR UNST 101A (1), 101B (1) and UNST 101C	_____	_____	_____
II RHETORICAL SKILLS A. ENGL 111 (3), 112 (3), 113 (3) College Writing <u>or</u> ENGL 124 Freshman Seminar (4)	_____	_____	_____
B. Upper Division Rhetoric: EXSC 416 Movement in Cultural Perspective (4)	_____	_____	_____
III MATHEMATICS One college-level Mathematics course (4) MATH 155 required by major	_____	_____	_____
IV WORLD LANGUAGES Level 3 proficiency (e.g. 153) in one non-English language (4-12)	_____	_____	_____
V HEALTH AND FITNESS HLSC 120 Lifetime Fitness (2)	_____	_____	_____

UNIVERSITY STUDIES GENERAL STUDIES (52 UNITS, 16 UPPER DIVISION) Grades of "D" or better required, unless courses are required by major.	FALL	WINTER	SPRING
THEME I. SOCIAL SCIENCES (SSCI) 8 units			
Globalization, Identity and Citizenship (4 units from SSCI 204/205/206/207/208/209) Prerequisite: ENGL 113/124	_____	_____	_____
Social Science Breadth Courses (4 units)	_____	_____	_____
THEME II. ARTS AND HUMANITIES (HUMN) 12 units			
Exploring Culture (4 units from HUMN 104/105/106/107/108/109) Prerequisite: ENGL 111/124	_____	_____	_____
Arts and Humanities Breadth Courses (4 units)	_____	_____	_____
Arts and Humanities Breadth Courses (4 units)	_____	_____	_____
THEME III RELIGIOUS BELIEFS AND PRACTICES (RLGN) 16 units			
RLGN 304 Adventism in Global Perspective or RLGN 305 Religion in Three Cultures (4) Prerequisite: ENGL 113/124, Junior Status	_____	_____	_____
A. Spiritual Experience and Expressions (0-4 units)	_____	_____	_____
B. Beliefs and Heritage (4 units)	_____	_____	_____
C. Scripture (4 units)	_____	_____	_____
D. Religion and Society (0-4 units)	_____	_____	_____
THEME IV NATURAL SCIENCES (NSCI) 12 units			
Scientific Foundations (4 units from NSCI 404/405/406/407/408)	_____	_____	_____
Life Science (4 units) Either life science or physical science must include a laboratory	_____	_____	_____
Physical Science (4 units) Either life science or physical science must include a laboratory	_____	_____	_____
THEME V SENIOR SEMINAR UNST 404G Religion, Values, and Social Responsibility (4)	_____	_____	_____

UNIVERSITY STUDIES SERVICE-LEARNING (3 courses)	FALL	WINTER	SPRING
	_____	_____	_____

*A maximum of 4 units from the Major, and 8 units of Cognates required by the Major, may apply to University Studies General Studies requirements (2019-2020 Undergraduate Academic Bulletin).

NOTES: Should a student's general education and major degree program not meet the minimum 190 units required for graduation, the student must complete elective units to make up the deficiency.