

THE UNIVERSITY OF PUGET SOUND

2021-2022 CURRICULUM GUIDE

EXERCISE SCIENCE

DEGREE: BS

CONTACT PERSON: JUNG KIM

A SUGGESTED four-year program:

Fall Semester Classes

Spring Semester Classes

Freshman	Units	Units	Units
SSI 1	1	SSI 2	1
BIOL 111 ¹ or CHEM 110 or 115 ² (NS Core)	1	CHEM 105 ² or BIOL 111 ¹ (NS core)	1
MATH 160 ³ (MA core)	1	Approaches core	1
FL (if needed) or Elective	1	FL (if needed) or Elective	1
Sophomore			
PHYS 111	1	EXSC 221	1
EXSC 200 or Elective	1	EXSC 200 or Elective	1
EXSC 222 ⁴	1	Approaches core or Elective	1
Approaches core	1	Elective	1
Junior			
EXSC unit A ⁵	1	EXSC unit A ⁵	1
EXSC unit A ⁵	1	EXSC unit A ⁵	1
Approaches core	1	Approaches core	1
Elective	1	Elective	1
Senior			
EXSC unit B ⁶	1	EXSC unit B ⁶	1
CN core ⁷	1	Elective	1
EXSC 450 or Elective	1	EXSC 450 or Elective	1
Elective	1	Elective	1

NOTES:

Puget Sound requires a total of 32 units to graduate

- 1) BIOL 111 is a prerequisite for EXSC 222 and 221. This course also satisfies the Natural Science core requirement.
- 2) CHEM 105 or 110 or 115 and EXSC 222 are prerequisites for EXSC 221. CHEM 110 and 115 are offered in the fall; CHEM 105 is offered in the spring. All three courses satisfy the Natural Science core. *Students planning on post graduate study will need to take an additional chemistry course (CHEM 115) if they use CHEM 105 to satisfy their Exercise Science degree requirement.
- 3) MATH 160 (or permission of instructor) is a prerequisite for EXSC 200.
- 4) EXSC 222 is a prerequisite for EXSC 221.
- 5) EXSC Unit A courses include: EXSC 301, 328, 329, and *336. *PHYS 111 is a prerequisite for EXSC 336.
- 6) EXSC Unit B courses: Two units at the 300-level or higher in Exercise Science that are not counted toward the major in another capacity.
- 7) Of the three units of upper division coursework required outside the first major, the Connections course will count for one unless it is used to meet a major requirement.

