

THE UNIVERSITY OF PUGET SOUND

2018-2019 CURRICULUM GUIDE

EXERCISE SCIENCE

DEGREE: BS

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A suggested four-year program:

Fall Semester Classes

Spring Semester Classes

Freshman	Units	Units	Units
SSI 1	1	SSI 2	1
CHEM 110 or 115 ¹ (NS core)	1	CHEM 120 or 230 ¹	1
MATH 160 ² (MA core)	1	BIOL 111 ³	1
FL (if needed) or elective	1	FL (if needed) or elective	1

Sophomore	Units	Units	Units
PHYS 111	1	PHYS 112 ⁶ or EXSC unit A ⁴	1
EXSC 200 or EXSC unit A ⁴	1	EXSC 200 or EXSC unit A ⁴	1
EXSC 222 ⁵	1	EXSC 221	1
Approaches core	1	Elective	1

Junior	Units	Units	Units
EXSC unit A ⁴ or Elective	1	EXSC unit B ⁷ or C ⁸	1
EXSC unit A ⁴ or Elective	1	EXSC unit B ⁷ or Elective	1
Approaches core	1	Approaches core	1
Elective	1	Elective	1

Senior	Units	Units	Units
EXSC unit B ⁷ or C ⁸	1	EXSC unit B ⁷ or C ⁸	1
CN core ⁹	1	Elective	1
Elective	1	Elective	1
Elective	1	Elective	1

NOTES:

Puget Sound requires a total of 32 units to graduate

- 1) CHEM 110 and 120 (or CHEM 115, 230) and EXSC 222 are prerequisites for EXSC 221.
- 2) MATH 160 (or permission of instructor) is a prerequisite for EXSC 200.
- 3) BIOL 111 is a prerequisite for EXSC 222 and 221
- 4) A: Three units from EXSC 301, 328, 329, and 336.
- 5) EXSC 222 is a prerequisite for EXCS 221.
- 6) Most PT schools require second semester physics: PHYS 112.
- 7) B: Two units at the 300 level or higher in Exercise Science that are not counted toward the major in another capacity.
- 8) C: Two units from EXSC 401, 428, 429, and 436.
- 9) 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.

