

Exercise & Sport Science
2025-2026 Undergraduate Catalog

Semester 1 - Fall				
<i>Note: Courses checked in the major column require a grade of C or better.</i>	Credits	Major	Other	GEP
BIOL 149 – General Biology	4	X		C
ENGL 101 – First-Year Composition	3			CS1
EXSS 103 – Foundations of EXSS	3	X		
IDIS 150 – First-Year FSU Colloquia	3			E
ORIE 101 – Intro. to Higher Education	1		X	
Semester Total	14			

Semester 2 - Spring				
<i>Note: Courses checked in the major column require a grade of C or better.</i>	Credits	Major	Other	GEP
EXSS 115 – Group Exercise Instruction	3	X		
MATH 109 – Probability & Statistics	3	X		CS3
PSYC 150 – General Psychology	3	X		D
Technology Fluency Course	3		TF	
EXSS 175 – Found. Resistance Training	3	X		
Semester Total	15			

Semester 3 - Fall				
*Fall Only <i>Note: Courses checked in the major column require a grade of C or better.</i>	Credits	Major	Other	GEP
BIOL 321* - Anatomy & Physiology I	4	X		
EXSS 200 – Nutrition	3	X		C
GEP Fine & Performing Arts	3			A
GEP Humanities	3			B
EXSS 320 Research Methods in Kines	3	X		
Semester Total	16			

Semester 4 - Spring				
**Spring Only <i>Note: Courses checked in the major column require a grade of C or better..</i>	Credits	Major	Other	GEP
BIOL 322** - Anatomy & Physiology II	4	X		
EXSS 305 – Care & Prevention	3	X		
EXSS 315** – Nutrition Physically Active	3	X		
GEP Social Science	3			D
Program Elective	3	X		
Semester Total	16			

Semester 5 - Fall				
*FALL ONLY <i>Note: Courses checked in the major column require a grade of C or better.</i>	Credits	Major	Other	GEP
ENGL 3xx – Advanced Writing	3			CS2
EXSS 303 – Biomechanics	3	X		
EXSS 306* – Organization & Admin	3	X		
Program Elective	3	X		
GEP Humanities	3			B
Semester Total	15			

Semester 6 - Spring				
<i>Note: Courses checked in the major column require a grade of C or better.</i>	Credits	Major	Other	GEP
EXSS 341 – Psych of Physical Activity	3	X		
EXSS 401 – Physiology of Exercise	3	X		
EXSS 435 – Lifespan Health & Fitness	3	X		
FSU Colloquia II	3			E
Program Elective	3	X		
Semester Total	15			

Semester 7 - Fall				
<i>Note: Courses checked in the major column require a grade of C or better.</i>	Credits	Major	Other	GEP
EXSS 410 – Advanced Strength Training	3	X		
EXSS 411 – Evaluation & Prescription	3	X		
EXSS 482 – Field Experience	3	X		
Program Elective	3	X		
GEP Identity & Difference	3			F
Semester Total	15			

Semester 8 - Spring				
<i>Note: Courses checked in the major column require a grade of C or better.</i>	Credits	Major	Other	GEP
EXSS 492 – Seminar in Health Fitness	3	X		
EXSS 495 – Internship in Health Fitness	9	X		
General Elective	3			
Semester Total	15			