

Exercise & Sport Science – Pre-Physical Therapy Option

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
EXSS 175 – Found. Resistance Training	3	X		
Technology Fluency Course	3		TF	
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
EXSS 306** – Organization & Admin	3	X		
MATH 119 – College Algebra	3		X	
GEP Humanities	3			B
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		
CHEM 201 – General Chemistry I	4	X		
GEP Social Science	3			D
Semester Total	17			

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
CHEM 202 – General Chemistry II	4	X		
EXSS 303 – Biomechanics	3	X		
PHYS 215** – General Physics I	4	X		E
EXSS 320 Research Methods in Kines	3	X		
Semester Total	14			

Semester 6 - Spring				
*Spring Only <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		
PHYS 216* – General Physics II	4	X		
ENGL 3xx – Advanced Writing	3			CS2
Semester Total	16			

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		
GEP Fine & Performing Arts	3			A
GEP Humanities	3			B
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		
GEP Identity & Difference	3			F
<i>Students should consult the admission requirements of the institution from which they wish to achieve a graduate degree to ensure they have met all prerequisite requirements at FSU, as graduate DPT programs have various prerequisites.</i>				
Semester Total	15			