

THE UNIVERSITY OF PUGET SOUND

2019-2020 CURRICULUM GUIDE

EXERCISE SCIENCE

DEGREE: BS

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A suggested four-year program:

Fall Semester Classes

Spring Semester Classes

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

Sophomore	Units		Units
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	Units		Units
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	Units		Units
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) CHEM 110 (or CHEM 115) 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) EXSC 222 is a prerequisite for EXSC 221.
- 5) EXSC Unit A courses include 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.

