

**BS in EXERCISE SCIENCE | CONCENTRATION: EXERCISE SCIENCE**

DEPARTMENT OF WELLNESS & MOVEMENT SCIENCES

AY 2025 – 2026

The following plan of study is a template based on a student coming to EWU with zero credits. Individual students may have different factors such as transfer credits, Advanced Placement, Running Start, or other college credit that will require modifications to the below plan. Please check EagleNET regularly for course schedule information as course offerings may change.

Students should meet and discuss their plan to graduation with their advisor to ensure the best success at EWU.

FIRST YEAR					
FALL QUARTER		WINTER QUARTER		SPRING QUARTER	
Course	Credits	Course	Credits	Course	Credits
BIOL 232 (Nat. Sci. BACR)	5	BIOL 233 (Nat. Sci. BACR)	5	BIOL 234	5
ENGL 101	5	ENGL 201	5	Human. & Arts BACR ¹	5
MATH proficiency (if nec.)	5	Human. & Arts BACR ¹	5	Social Sci. BACR ¹	5
				Activity Course ²	1
Quarter Cr.	15	Quarter Cr.	15	Quarter Cr.	16
Cumulative Cr.	15	Cumulative Cr.	30	Cumulative Cr.	46
SECOND YEAR					
FALL QUARTER		WINTER QUARTER		SPRING QUARTER	
Course	Credits	Course	Credits	Course	Credits
CHEM 161	4	CHEM 162	4	CHEM 163	4
CHEM 161L	1	CHEM 162L	1	CHEM 163L	1
EXSC 301	1	PHED 193	2	PHED 350	4
PHED 349	4	PHED 372	3	Global Studies Course ³	5
Social Sci. BACR ¹	5	Diversity Course ³	5	Activity Course ²	1
Quarter Cr.	15	Quarter Cr.	15	Quarter Cr.	15
Cumulative Cr.	61	Cumulative Cr.	76	Cumulative Cr.	91
THIRD YEAR					
FALL QUARTER		WINTER QUARTER		SPRING QUARTER	
Course	Credits	Course	Credits	Course	Credits
EXSC 390	3	PHED 360	3	EXSC 440	3
PHED 352	4	EXSC 460	4	Ex. Sci. Elective ⁴	3
Ex. Sci. Elective ⁴	3	General Elective ⁶	5	General Elective ⁶	5
Statistics Course ⁵	5	General Elective ⁶	4	General Elective ⁶	4
Quarter Cr.	15	Quarter Cr.	16	Quarter Cr.	15
Cumulative Cr.	106	Cumulative Cr.	122	Cumulative Cr.	137
FOURTH YEAR					
FALL QUARTER		WINTER QUARTER		SPRING QUARTER	
Course	Credits	Course	Credits	Course	Credits
EXSC 488	7	EXSC 420	4	EXSC 488	8
General Elective ⁶	5	Ex. Sci. Elective ⁴	3	EXSC 490	4
General Elective ⁶	4	General Elective ⁶	5	General Elective ⁶	3
Quarter Cr.	16	Quarter Cr.	12	Quarter Cr.	15
Cumulative Cr.	153	Cumulative Cr.	165	Cumulative Cr.	180

¹A list of courses that satisfy the [Humanities & Arts BACR can be found here](#) and courses for the [Social Sciences BACR can be found here](#).

²Activity courses include PHED 125, PHED 135, PHED 150, and PHED 152.

³A list of courses that satisfy the [Diversity Course Requirement can be found here](#) and courses for the [Global Studies Course Requirement can be found here](#).

⁴Exercise Science electives include PHED 333, PHED 335, EXSC 380, EXSC 396, EXSC 411, EXSC 455 EXSC 481, & EXSC 496.

⁵The program's statistics course requirement can be met by the completion of CSBS 320, MATH 380, or PSYC 310.

⁶General Electives may be any general elective course or a course that counts towards a minor or certificate.