



BACHELOR OF SCIENCE – EXERCISE SCIENCE
TENTATIVE SCHEDULE INFORMATION 2025 – 2026
CORE & ELECTIVE COURSES



***Please note that the schedule information below is subject to change.** Schedules for supporting courses (e.g., BIOL, CHEM, PHYS, MATH) can be found on EagleNET. For a list of required courses based on your declaration year, as well as course prerequisites, and other information, please review the BS in Exercise Science Program Sheet.*

COURSE	FALL QUARTER	WINTER QUARTER	SPRING QUARTER
PHED 193 Standard First Aid & Safety	M 8:00 – 9:50 or M 12:00 – 1:50 or W 11:00 – 12:50 or	T 8:00 – 9:50 or W 2:00 – 3:50 or R 8:00 – 9:50	M 8:00 – 9:50 or T 2:00 – 3:50 or W 8:00 – 9:50
PHED 256 Medical Terminology	Online	Online	Online
PHED 333 Group Exercise Instructor Training	TR 10:00 – 10:50		
PHED 335 Strength & Conditioning Prolab			TR 9 – 10:20
PHED 349 Functional Anatomy	MWF 9:00 – 9:50	MWF 12:00 – 12:50	MWF 9:00 – 9:50
PHED 349L Functional Anatomy Lab	T 9:00 – 10:50 or R 9:00 – 10:50	T 11:00 – 12:50 or R 11:00 – 12:50	T 9:00 – 10:50 or R 9:00 – 10:50
PHED 350 Exercise Testing & Prescription	MWF 10:00 – 10:50	MWF 9:00 – 9:50	MWF 11:00 – 11:50
PHED 350L Exercise Testing & Prescription Lab	T 1:00 – 2:50 or R 1:00 – 2:50	T 1:00 – 2:50 or R 1:00 – 2:50	T 1:00 – 2:50 or R 1:00 – 2:50
PHED 352 Biomechanics	MWF 12:00 – 12:50	MWF 11:00 – 11:50	MWF 12:00 – 12:50
PHED 352L Biomechanics Lab	T 11:00 – 12:50 or R 11:00 – 12:50	T 9:00 – 10:50 or R 9:00 – 10:50	T 11:00 – 12:50 or R 11:00 – 12:50
PHED 360 Health Fitness Management		MWF 10:00 – 10:50	
PHED 372 Applied Nutrition & Physical Fitness	MWF 10:00 – 10:50	MWF 1:00 – 1:50	MWF 10:00 – 10:50
EXSC 301 Introduction to Exercise Science	T 1:00 – 1:50	T 1:00 – 1:50	T 1:00 – 1:50
EXSC 355 Care and Prevention of Injuries	MWF 10:00 – 10:50		
EXSC 380 Nutrition in Sport and Exercise		MWF 10:00 – 10:50	
EXSC 390 Principles of Program Design	MWF 2:00 – 2:50	MWF 2:00 – 2:50	MWF 2:00 – 2:50
EXSC 411 Physical Activity, Mental Health & Cognition			MWF 1:00 – 1:50
EXSC 420 Principles of Program Design in Special Pops	MW 1:00 – 2:50	MW 1:00 – 2:50	TR 11:00 – 12:50
EXSC 440 Exercise Counseling & Behavior Change	MWF 11:00 – 11:50		MWF 1:00 – 1:50
EXSC 452 Clinical Biomechanics		MWF 12:00 – 12:50	
EXSC 455 Research & Analysis	MWF 11:00 – 11:50		
EXSC 460 Physiology of Exercise	MW 8:00 – 9:50	MW 8:00 – 9:50	
EXSC 481 ECG Interpretation			MWF 10:00 – 10:50
EXSC 490 Senior Capstone	MWF 11:00 – 11:50 and T 10:00 – 11:50	MWF 11:00 – 11:50 and T or R 10:00 -11:50	MWF 11 – 11:50 and T or R 10:00 – 11:50