

Exercise Science and Outdoor Recreation, A.S.

Exercise Science and Outdoor Recreation, A.S. Graduation Plan

This graduation plan is a sample plan and is intended to be a guide. Your specific plan may differ based on your Math and English placement and/or transfer credits applied. You are encouraged to meet with an advisor and set up an individualized graduation plan in [Wolverine Track](#).

Milestone courses (pre-requisites for a course in one of the subsequent semesters) are marked in red and italicized.

	Third Science Distribution	3
	General Elective	5
EXSC 2500 or STAT 2040	Sports Medicine or Principles of Statistics	4
	Semester total:	15
	Degree total:	60

Semester 1	Course Title	Credit Hours
<i>ENGL 1010</i> or <i>ENGL 1005</i>	Introduction to Academic Writing or Literacies and Composition Across Contexts	3
Quantitative Literacy	MATH 1050 recommended (4)	4
Biology Distribution	ZOOL 1090 recommended	3
PES 1097	Fitness for Life	2
	Humanities Distribution	3
	Semester total:	15
Semester 2	Course Title	Credit Hours
<i>ZOOL 2320</i>	Human Anatomy (Core Elective)	3
<i>ZOOL 2325</i>	Human Anatomy Lab (Core Elective)	1
ENGL 2010	Intermediate Writing/ Academic Writing and Research	3
	Fine Arts Distribution	3
<i>CHEM 1110</i>	Elem. Chemistry Health Sciences (Physical Science Distribution)	4
	Semester total:	14
Notes: Extra credit hours are acquired as students take the suggested Chemistry classes.		
Semester 3	Course Title	Credit Hours
PHIL 2050	Ethics and Values	3
<i>ZOOL 2420</i>	Human Physiology (Core Elective)	3
<i>ZOOL 2425</i>	Human Physiology Lab (Core Elective)	1
	American Institutions	3
	Social/Behavioral Science Distribution (PSY 1010 recommended)	3
	General Elective	3
	Semester total:	16
Semester 4	Course Title	Credit Hours
EXSC 270G	Foundations of Exercise Science	3