

**SUGGESTED SEQUENCE**  
**Major: Exercise Science: Personal Training**

FALL OF YEAR ONE			SPRING OF YEAR ONE		
ENGL 120	English- Intro <b>(Core)</b>	3	ENGL 121	English- Intermediate <b>(Core)</b>	3
BIOL 110/CHEM 120	BIO/ CHEM <b>(Lib Stud) *</b>	4	SPES 117	Pathway to Wellness * <b>(Lib Studies)</b>	3
INTD 105	Wesleyan Experience <b>(Core)</b>	2	SPES 175	Nutrition	3
MATH 120	College Algebra <b>(Core) *</b>	3	SCTH 130	Intro to Speech <b>(Lib Studies)</b>	3
SPES 150	Foundations of SPES	3		<b>Liberal Studies</b>	3
INTD 115	Wesleyan Heritage <b>(Core)</b>	1			
	Total	16		Total	16

FALL OF YEAR TWO			SPRING OF YEAR TWO		
PHYS 201	Fundamentals of Physics 1	4	BIOL 222	A & P 2	3
BIOL 221	A & P 1	3	SPES 256	Care & Prevention of Ath. Inj.	3
PSYC 101	Intro to Psyc <b>(Lib Studies)*</b>	3	SPES 315	Adaptive P.E.	3
SPES 341	Intro to Motor Behavior	3	SPES 148	First Aid/CPR	1
	<b>Elective</b>	3		<b>Lib Studies/ Elective</b>	6
	Total	16		Total	16

FALL OF YEAR THREE			SPRING OF YEAR THREE		
SPES 385	Sport Psych	3	SPES 357	Therapeutic Exercise	3
SPES 443	Kinesiology	3	SPES 380	Exercise Physiology	3
	<b>Lib Studies/ Elective/ Minor</b>	9	SPES 345	Org. and Admin.	3
			SPES 376	Measurements and Assess	3
				<b>Elective/Minor</b>	3
		Total			Total
		15			15

FALL OF YEAR FOUR			SPRING OF YEAR FOUR		
SPES 359	Exercise Leadership	3	SPES 470	Senior Seminar	1
	<b>Elective/Minor</b>	9	SPES 440	Adv. Exerc. Testing and Pres.	3
			SPMT 365	Sports law	3
				<b>Elective/Minor</b>	6
		Total			Total
		12			13
			<b>SPES 460</b>	<b>Internship Summer</b>	<b>7</b>

Check Sheet

**Total Hours= 120**