

Major: Exercise Science Fitness and Wellness

FALL OF YEAR ONE		
INTD 105	The Wesleyan Experience	2
MATH120	College Algebra	3
INTD 115	Wesleyan Heritage	1
ENGL 120	Introductory English Composition	3
SPES 117	Pathway to Wellness (PA)	3
	Liberal Studies Elective	3
	Total	15

SPRING OF YEAR ONE		
ENGL 121	Intermediate English Composition	3
BIOL 110 or CHEM 120	General Biology: The Study of Life and Our Role in it Concepts in Chemistry (NWS)	4
PSYC 101	Introductory Psychology: The World of You (PA)	3
SPES 150	Foundations of SPES	3
	Liberal Studies Elective	3
	Total	16

FALL OF YEAR TWO		
SPES 175	Principles of Nutrition	3
BIOL 221	Human Anatomy & Physiology I	4
SPES 120	Personal, Community, and Global Health (CWE)	3
	Liberal Studies Elective	6
	Total	16

SPRING OF YEAR TWO		
BIOL 222	Human Anatomy & Physiology II	4
SPES 315	Adaptive Physical Education	3
SPES 148	First Aid & CPR	1
	Liberal Studies Elective	6
	Total	14

FALL OF YEAR THREE		
SPES 341	Introduction to Motor Behaviors	3
SPES 345	Org & Admin in P.E., Recreation & Athletic Training	3
SPES 332	Theory of Teaching & Coaching Individual and Dual Sports	3
SPES 443	Kinesiology	3
	Elective/Minor	3
	Total	15

SPRING OF YEAR THREE		
SPES 376	Measurements & Assessment in SPES	3
SPES 380	Physiology of Exercise	3
SPES 335	Theory of Teaching Team Sports	3
	Elective/Minor	6
	Total	15

FALL OF YEAR FOUR		
SPES 359	Exercise Leadership	3
BUSA 370	Team Building and Teamwork	3
PSYC 385	Psychology of Sport & Exercise	3
	Elective/Minor	6
	Total	15

SPRING OF YEAR FOUR		
SPES 470	Senior Seminar	1
SPMT 365	Sports Law	3
SPES 460	Internship	6-7
	Elective/Minor	3
	Total	14

**Total Hours = 120**