

SUGGESTED SEQUENCE
Major: Exercise Science: Fitness and Wellness

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

FALL OF YEAR TWO			SPRING OF YEAR TWO		
SPES 120	Personal & Community Health * Liberal Studies	3	BIOL 222	A & P 2	3
BIOL 221	A & P 1	3	SPES 335	Theory of Team Sports	3
PSYC 101	Intro to Psyc (Lib Studies) *	3	SPES 315	Adaptive P.E.	3
SPES 341	Intro to Motor Behavior	3	SPES 148	First Aid/CPR	1
	Elective	3		Lib Studies/ Elective	6
	Total	15		Total	16

FALL OF YEAR THREE			SPRING OF YEAR THREE		
SPES 385	Sport Psych	3	SPES 380	Exercise Physiology	3
SPES 443	Kinesiology	3	SPES 345	Org. and Admin.	3
SPES 332	Theory of Individ./ Dual Sports	3	SPES 376	Measurements and Assess	3
	Lib Studies/ Elective/ Minor	6		Elective/Minor	6
		Total			Total
		15			15

FALL OF YEAR FOUR			SPRING OF YEAR FOUR		
SPES 359	Exercise Leadership	3	SPES 470	Senior Seminar	1
BUSA 370	Team Building and Team Work	3	SPMT 365	Sports law	3
	Elective/Minor	6		Elective/Minor	9
		Total			Total
		12			13
			SPES 460	Internship	6

Check Sheet

Total Hours= 120