

8-Term Plan

Freshman Year					
1 st term			2 nd term		
CHM 151	General Chemistry I (SAS)	4	BIO 181:181L	Unity of Life I (LS)	4
CHM 151L	General Chemistry I Lab	1	BIO 201	Human Anatomy I	4
EXS 190	Introduction to Exercise Science	3	ENG 105	Critical Reading and Writing (FNRQ)	4
HS 200	Health Principles	3	Liberal Studies		3
MAT 125	Pre-Calculus (FNRQ)	4	Diversity		3
FYE 101	First Year Experience	1			
Total units			16	Total units	
				18	

Sophomore Year					
3 rd term			4 th term		
BIO 202	Human Anatomy II	4	EXS 336	Physiology of Exercise	3
PHY 111 or 161	General Physics I * (SAS)	3	EXS 337	Physiology of Exercise Lab	1
PHY 111L or 161L	General Physics I Lab *	1	CHM 230 or CHM 235	Organic Chemistry	3-4
CHM 152	General Chemistry II (SAS)	3	PHY 112 or 262	General Physics II (SAS) *	3
CHM 152L	General Chemistry II Lab	1	PHY 112L or 262L	General Physics II Lab *	1
Liberal Studies		3	Liberal Studies		3
Total units			15	Total units	
				14-15	

Junior Year					
5 th term			6 th term		
EXS 460	Cardio-Pulmonary EXS Test & Pres	3	EXS 334	Functional Anatomy & Kinesiology	3
EXS 460L	Cardio-Pulmonary Lab	1	AT 200	Preventing Athletic Injuries & Emergencies	3
STA 270 or PSY 270	Statistics or Statistics in Psychology	3-4	ENG 302W or 305W	Technical Writing or Writing in Disciplinary Communities	3
NTS 256	Medical Nutrition (SAS)	3	Liberal Studies		3
CHM 360 or CHM 461	Biochemistry	3	Emphasis course **		3
Diversity		3	Meet with advisor prior to enrolling in 7 th term		
Total units			16-17	Total units	
				15	

Senior Year					
7 th term			8 th term		
Emphasis course **		3	Emphasis course **		3
Emphasis course **		3	Emphasis course **		3
Emphasis course **		3-4	Emphasis course **		3-4
Liberal Studies		3	Emphasis course or General Elective **		3
General Elective		3			
Submit graduation application during 7 th term					
Total units			15-16	Total units	
				12-13	

PROGRAM INFORMATION

A minimum of 120 units are required for this degree.

Recitations are available and strongly encouraged for BIO 181, BIO 182, CHM 151, CHM 152, CHM 235, CHM 238, PHY 111, PHY 112, PHY 161 & PHY 262, , however they are not required.

To be admitted to the Exercise Science Degree Program you must:

1. Have completed 45 units of course work
2. Earned a 3.0 GPA
3. Earned at least a "C" or better in:
 - a. CHM 151 and 151L
 - b. CHM 152 and 152L
 - c. BIO 201
 - d. PHY 111 or PHY 161
 - e. MAT 125
 - f. ENG 105

* If selecting PHY 161/161L and PHY 262/262L you must have the pre/co requisite of MAT 136 and MAT 137

** If selecting the Clinical Exercise Physiology Emphasis, the emphasis courses for terms 7 and 8 are as follows:

<u>Term 7</u>		<u>Term 8</u>	
EXS 490	3	EXS 408C	12
EXS 465C	3	Prior arrangements need to be made for this internship.	
BIO 444C or EXS 514	3-4		

**If selecting the Graduate & Professional Preparation Emphasis, the emphasis courses for terms 7 and 8 are as follows:

<u>Term 7</u>		<u>Term 8</u>	
EXS 360 or EXS 575	3	Choose one of: EXSs 408C, EXS 414C, EXS 465C,	
EXS 478 or EXS 490	3	EXS 485C or EXS 497C	3
EXS Elective	3	EXS Elective	3
		EXS Elective or a General Elective	3
		BIO 444C or EXS 514	3

GENERAL INFORMATION

- This 8-term plan is to be used in conjunction with the academic catalog and degree audit report.
- Honors students complete different requirements to meet NAU's liberal studies program. Students should consult an Honors Program advisor for complete information on fulfilling Honors Liberal Studies requirements.
- Students should see an academic advisor regularly to confirm their academic progress.
- Students must see an academic advisor before enrollment for the 7th term in preparation for graduation.
- All students are required to complete at least 120 total units which includes:
 - 35 units of liberal studies courses: <http://www4.nau.edu/aio/Articulation/LScourselist.htm>
 - 6 units of diversity courses: (3 units in Global & 3 units in Ethnic): The diversity requirement may be fulfilled in any part of the program of study.
<http://www4.nau.edu/aio/Articulation/DiversityCourseList/htm>
 - 30 units of upper division courses (300-400 level), 18 of these units must be taken at NAU
- The diversity requirement may be fulfilled in any part of program of study.
- English placement: <http://www.nau.edu/comp/placement.html>
- Math placement: <http://www.math.nau.edu/master.html>?<http://www.math.nau.edu/odin.html>

CONTACT INFORMATION

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