



EXERCISE SCIENCE, B.S.

Dr. Joe Quatrochi
quatrocj@msudenver.edu

Dr. Tony Nuñez
tnunez1@msudenver.edu

Dr. Ben Thompson
bthomp50@msudenver.edu

Dr. Chris Odell
codell6@msudenver.edu

Dr. Jason Casey
jacasey@msudenver.edu

Exercise and Sport Sciences - Main Phone Number: (303) 615-1818

General Studies Courses: 33 credits

Written Communication

See University catalog for approved courses 3
See University catalog for approved courses 3

Oral Communication

See University catalog for approved courses 3

Quantitative Literacy

See University catalog for approved courses 3

Arts and Humanities

See University catalog for approved courses 3

See University catalog for approved courses 3

Historical

See University catalog for approved courses 3

Natural and Physical Sciences

See University catalog for approved courses 3

See University catalog for approved courses 3

Social and Behavioral Sciences

See University Catalog for approved courses 3

See University Catalog for approved courses 3

Global Diversity

See University catalog for approved courses 0-3

Ethnic Studies & Social Justice: 3 credits

See University catalog for approved courses 3

Required courses for the major may also count for General Studies and ESSJ requirements, so the total credits listed may be greater than the number required to complete the degree. Therefore, it is important that you work with your advisor to make sure you are meeting requirements for your degree

*See University catalog for prerequisite and other requirements

**See University catalog for co-requisite requirements

Effective Fall 2012, a grade of "C" in all major/prerequisite courses is required in order to receive credit

Major Required Courses: 59 credits

Students must take one of the following:

EXS 4650: Exercise Electrocardiography* 3
EXS 4772: Advanced Strength & Conditioning* 3

Must take each of the following courses:

BIO 1080: General Biology I 3
BIO 1090: General Biology Lab I 1

BIO 2310: Human Anatomy & Physiology I* 4
BIO 2320: Human Anatomy & Physiology II* 4

ESS 1623: Introductory Sports Medicine
Concepts 3

ESS 3110: Med Topics for Exercise Science 3

ESS 3300: Anatomical Kinesiology* 3

ESS 3340: Exercise Physiology* 4

ESS 4660: Legal Liability for Physical Educators,
Coaches and Administrators* 3

EXS 1020: Resistance Training Techniques 3

EXS 1640: Physical Fitness Techniques and
Programs 3

EXS 2680: Group Exercise Leadership 3

EXS 3841: Comparative Fitness Programs* 3

EXS 4680: Advanced Exercise Assessment and
Exercise Prescription* 4

EXS 4780: Community Fitness Testing* 3

EXS 4790: Special Consideration ExRx 3

NUT 2040: Introduction to Nutrition 3

NUT 3200: Nutrition and Sports Performance 3

Major Required Electives: 10 credits

Students must take 10 credit hours from the list of courses in the current college catalog.

Senior Experience: 10 credits

EXS 4880: Internship in Exercise Science* 10

Unrestricted Electives: 5-20 credits

Unrestricted electives can come from any department prefix.

**Total Required Credits for
Exercise Science B.S.**

120