B.S. in Exercise Science (21140)

Four-Year Course Sequence

Effective Fall 2026

Planning assumptions: first-time, full-time student; each semester carries at least 12 credits; major electives are fulfilled through two 1-credit courses and one 3-credit course; free electives are scheduled only in 3-credit increments.

Year 1 – Fall

Course / Requirement	Credits	Category
GE 1000 Transition to Kean	1	GE – Academic Study Skills
Critical Reading GE course	3	GE
Written Communication GE course	3	GE
Intercultural Knowledge & Understanding GE course	3	GE
Speech Communication GE course	3	GE
Major elective (1-credit option)	1	Major Elective
Year 1 – Fall Total	**14**	

Year 1 – Spring

Course / Requirement	Credits	Category
BIO 1000 Principles of Biology	4	Additional Required
Scientific Reasoning GE course	4	GE
PSY 1000 General Psychology	3	Additional Required
MATH 1016 Statistics	3	GE – Quantitative Reasoning
Major elective (1-credit option)	1	Major Elective
Year 1 – Spring Total	**15**	

Year 2 – Fall

Course / Requirement	Credits	Category
BIO 2402 Human Physiology & Anatomy	4	Additional Required
PSY 3110 Life-Span Developmental Psychology	3	Additional Required
Inquiry & Analysis / Sophomore Passion Project GE course	3	GE
EXSC 2800 Introduction to Exercise Science	3	Major Required
Year 2 – Fall Total	**13**	

Year 2 – Spring

Course / Requirement	Credits	Category
EXSC 2900 Biomechanics & Motor Learning	4	Major Required
Critical & Creative Thinking GE course	3	GE
Ethical Reasoning GE course	3	GE
Wellness GE course	3	GE
Free elective	3	Free Elective
Year 2 – Spring Total	**16**	

Year 3 – Fall

Course / Requirement	Credits	Category
EXSC 3510 Physiology of Exercise	3	Major Required
EXSC 3511 Physiology of Exercise Lab	1	Major Required

EXSC 3612 Principles of Personal & Group Training	3	Major Required
EXSC 3617 Group & Personal Training Lab	3	Major Required
Free electives	6	Free Electives
Year 3 – Fall Total	**16**	

Year 3 – Spring

Course / Requirement	Credits	Category
EXSC 3692 Clinical Practice in Exercise Science	3	Major Required
Major elective (3-credit option)	3	Major Elective
Free electives	9	Free Electives
Year 3 – Spring Total	**15**	

Year 4 – Fall

Course / Requirement	Credits	Category
EXSC 4605 Statistics in Exercise Science	3	Major Required
EXSC 4626 Prescriptive Exercise Programming	3	Major Required
EXSC 4629 Exercise Testing & Interpretation	3	Major Required
Free electives	8	Free Electives
Year 4 – Fall Total	**17**	

Year 4 – Spring

Course / Requirement	Credits	Category
EXSC 4625 Organization/Administration of EXSC Programs	3	Major Capstone
EXSC 4627 Clinical Practice in EXSC	3	Major Required
Free electives	8	Free Electives
Year 4 – Spring Total	**14**	