B.S. in Exercise Science: Pre-AT/PT (21141)

Four-Year Course Sequence

Effective Fall 2026

Planning assumptions: first-time, full-time student; each semester carries at least 12 credits; the sequence splits into Athletic Training and Physical Therapy concentrations in Year 3.

Year 1 – Fall

Course / Requirement MATH 1054 Precalculus	**Credits**	**Category**
GE 1000 Transition to Kean	1	GE - Academic Study Skills
Critical Reading GE course	3	GE
Written Communication GE course	3	GE
Speech Communication GE course	3	GE
MATH 1016 Statistics	3	GE Quantitative Reasoning
EXSC 1996 Research Initiative in Exercise Science	1	Major Required
Year 1 - Fall Total	**14**	

Year 1 – Spring

Course / Requirement	**Credits**	**Category**
MATH 1054 Precalculus	3	Additional Required / corequisite for BIO 1300 and CHEM 1083
BIO 1300 General Biology I	4	GE Scientific Reasoning / DPT prerequisite
CHEM 1083 General Chemistry I	4	Additional Required / DPT prerequisite
PSY 1000 General Psychology	3	GE Wellness
Year 1 - Spring Total	**14**	

Year 2 – Fall

Course / Requirement	**Credits**	**Category**
BIO 2403 Human Anatomy & Physiology I	4	Additional Required / DPT prerequisite
Intercultural Knowledge & Understanding GE course	3	GE
Critical & Creative Thinking GE course	3	GE
EXSC 2800 Introduction to Exercise Science	3	Major Required
Major elective (1-credit option)	1	Major Elective
Year 2 - Fall Total	**14**	

Year 2 – Spring

Course / Requirement	**Credits**	**Category**
BIO 2404 Human Anatomy & Physiology II	4	Additional Required / DPT prerequisite
PHYS 2091 General Physics I	4	Additional Required / DPT prerequisite
Inquiry & Analysis / Sophomore Passion Project GE course	3	GE
EXSC 2900 Biomechanics & Motor Learning	4	Major Required
Ethical Reasoning GE course	3	GE
Year 2 - Spring Total	**18**	

Athletic Training Concentration

Year 3 – Fall

Course / Requirement	**Credits**	**Category**
EXSC 3510 Physiology of Exercise	3	Major Required
EXSC 3511 Physiology of Exercise Lab	1	Major Required
AT 3500 Care and Prevention of Athletic Injuries	3	AT Concentration
EXSC 3612 Principles of Personal & Group Training	3	AT Concentration
Major elective (3-credit option)	3	Major Elective

Free elective	3	Free Elective
Year 3 - Fall Total	**16**	

Year 3 – Spring

Course / Requirement	Credits	Category
EXSC 3617 Group and Personal Training Lab	3	AT Concentration
EXSC 3692 Clinical Experience in Exercise Science	3	AT Concentration
PSY 3110 Lifespan Developmental Psychology	3	Additional Required
Free electives	6	Free Electives
Year 3 - Spring Total	**15**	

Year 4 – Fall

Course / Requirement	Credits	Category
EXSC 4605 Statistics in Exercise Science	3	Major Required
EXSC 4629 Exercise Testing & Interpretation	3	Major Required
Free electives	8	Free Electives
Year 4 - Fall Total	**14**	

Year 4 – Spring

Course / Requirement	Credits	Category
EXSC 4626 Prescriptive Exercise Programming	3	Major Required
EXSC 4625 Organization/Administration of EXSC Programs	3	Major Capstone
Free electives	9	Free Electives
Year 4 - Spring Total	**15**	

Physical Therapy Concentration

Year 3 – Fall

Course / Requirement	Credits	Category
BIO 1400 General Biology II	4	PT Concentration / DPT prerequisite
CHEM 1084 General Chemistry II	4	PT Concentration / DPT prerequisite
EXSC 3510 Physiology of Exercise	3	Major Required
EXSC 3511 Physiology of Exercise Lab	1	Major Required
Ethical Reasoning GE course	3	GE
Year 3 - Fall Total	**15**	

Year 3 – Spring

Course / Requirement	Credits	Category
PHYS 2092 General Physics II	4	PT Concentration / DPT prerequisite
PSY 3110 Lifespan Developmental Psychology	3	Additional Required
EXSC 4605 Statistics in Exercise Science	3	Major Required
Free electives	6	Free Electives
Year 3 - Spring Total	**16**	

Year 4 – Fall

Course / Requirement	Credits	Category
EXSC 4629 Exercise Testing & Interpretation	3	Major Required
EXSC 4626 Prescriptive Exercise Programming	3	Major Required
Free electives	8	Free Electives
Year 4 - Fall Total	**14**	

Year 4 – Spring

Course / Requirement	Credits	Category
EXSC 4625 Organization/Administration of EXSC Programs	3	Major Capstone
Free electives	12	Free Electives
Year 4 - Spring Total	**15**	