

### Modified Plan of Study: Exercise Science

Obtaining a Bachelor of Science degree in Exercise Science (ES) is based upon completing the program's curriculum successfully. The approved ES curriculum program at FGCU is based upon the two-plus-two concept used in Florida's State University System. The lower division, program prerequisite and University requirements (pre-professional phase) are completed prior to entry into the ES program, usually during the first two years of academic study. The professional phase or upper division coursework (i.e. the ES major requirements) is completed after all program prerequisites and general education requirements are fulfilled. The professional phase includes a minimum of 60 semester hours completed in five sequential terms during a two-year period of time.

The professional phase requirements usually necessitate a student completing full-time credit hours (12-15) during the terms a student is in the Exercise Science program. The approved curriculum plan for Exercise Science students is the following:

<u>Fall Term 1<sup>st</sup> Year</u> <ul style="list-style-type: none"> <li>• Movement Science I</li> <li>• Movement Science I lab</li> <li>• Fitness Assessment and Exercise Prescription</li> <li>• FA &amp; EP lab</li> <li>• Pharmacological and Ergogenic Aids in Sport and Human Performance</li> </ul>	<u>Spring Term 1<sup>st</sup> Year</u> <ul style="list-style-type: none"> <li>• Movement Science II</li> <li>• Movement Science II lab</li> <li>• Methods of RT and Conditioning</li> <li>• Methods of RT and Cond Lab</li> <li>• Evidence Based Practice</li> </ul>	<u>Summer Term 1<sup>st</sup> Year</u> <ul style="list-style-type: none"> <li>• Exercise and Sport Physiology</li> <li>• Exercise and Sport Physiology Lab</li> <li>• Care and Prevention of Exercise Injuries</li> </ul>
Semester Credit Hours    15	Semester Credit Hours    13	Term Credit Hours        8
<u>Fall Term 2<sup>nd</sup> Year</u> <ul style="list-style-type: none"> <li>• Human Performance and Energy Supplies</li> <li>• Clinical Exercise Physiology</li> <li>• Athletic Health Care Administration</li> <li>• Experiential Learning I <i>(full-time experience)</i></li> </ul>	<u>Spring Term 2<sup>nd</sup> Year</u> <ul style="list-style-type: none"> <li>• University Colloquium</li> <li>• Preparation for Entering and Grow the Profession</li> <li>• Sport and Exercise Psychology</li> <li>• Experiential Learning II <i>(full-time experience)</i></li> </ul>	<p><b>Total Credit Hours in ES Program</b> <b>= 60</b></p> <p><b><u>Minimum Credit Hours to Graduate = 120</u></b></p>
Semester Credit Hours    12	Semester Credit Hours    12	

Please indicate how you plan to change/modify your Plan of Study. Include course names, CRNs, credit hours, etc. In addition, please acknowledge that you have consulted with **Degree Works** and that you have met (or will meet) all of the requirements necessary to graduate.

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Name (printed)

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Signature

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Date