

CURRICULUM MAP



MERRIMACK COLLEGE

Exercise Science, BS

YEAR ONE

FALL

Anatomy & Physiology I – HSC 1122	4 credits	Major Requirement
Introduction to College Writing – ENG 1050	4 credits	General Education Requirement
First Year Experience – FYE 1000	1 credit	General Education Requirement
Careers in Health Sciences – HSC 1000	4 credits	Major Requirement
Introduction to Religion – RTS 1000	4 credits	General Education Requirement

Total Credits - 17

SPRING

Anatomy & Physiology II – HSC 1123	4 credits	Major Requirement
Introduction to Public Health – HSC 1500	4 credits	Major Requirement
Basic Statistics – MTH 1111	4 credits	Major Requirement
Introduction to Philosophy – PHL 1000	4 credits	General Education Requirement

Total Credits - 16

YEAR TWO

FALL

Exercise Physiology – EXS 3311	4 credits	Major Requirement
General Chemistry – CHM 1110	4 credits	Major Requirement
Introduction to Nutritional Sciences – HSC 2300	4 credits	Major Requirement
Research Methods – EXS 2250	4 credits	Major Requirement

Total Credits - 16

SPRING

Health Behavior & Promotion – HSC 2500	4 credits	Major Requirement
Exercise Physiology II – EXS 4411	4 credits	Major Requirement
Strength and Conditioning – EXS 2345	4 credits	Major Requirement
General Education Elective/Minor	4 credits	General Education Requirement

Total Credits - 16

YEAR THREE

FALL

Introduction to Biological Science – BIO 1025	4 credits	Major Requirement
General Physics – PHY 2201	4 credits	Major Requirement
Exercise Prescription & Testing – EXS 3347	4 credits	Major Requirement
General Education Elective/Minor	4 credits	General Education Requirement

Total Credits - 16

SPRING

Biomechanics – EXS 3308	4 credits	Major Requirement
Cardiorespiratory Evaluation	4 credits	Major Requirement
General Education Elective/Minor	4 credits	General Education Requirement
Major Elective 1	4 credits	Major Requirement

Total Credits - 16

YEAR FOUR

FALL

Internship – HSC 3000	4 credits	Major Requirement
Major Elective 2	4 credits	Major Requirement
Major Elective 3	4 credits	Major Requirement
General Education Elective/Minor	4 credits	General Education Requirement

Total Credits - 16

SPRING

Major Elective 4	4 credits	Major Requirement
Exercise Program Design – EXS 4348	4 credits	Major Requirement
General Education Elective/Minor	4 credits	General Education Requirement
General Education Elective/Minor	4 credits	General Education Requirement

Total Credits - 16

Note: This is a sample curriculum map. Students may progress toward graduation using alternative pathways.