CURRICULUM MAP

MERRIMACK COLLEGE

Exercise Science, BS

Concentration in Strength & Conditioning

YEAR ONE

FALL

Anatomy & Physiology I – HSC 1122	4 credits	Major Requirement (STEM)
First Year Seminar – FYS 1947	4 credits	FC Core Requirement (FYS)
Intro to Exercise Sciences – EXS1050	4 credits	Major Requirement
Introduction to Religion – RTS 1000	4 credits	FC Core Requirement (RTS)

Total Credits - 16

SPRING

Anatomy & Physiology II – HSC 1123	4 credits	Major Requirement. FC Core Requirement (STEM)
FC Core Course #1	4 credits	FC Core Elective
Basic Statistics – MTH 1111	4 credits	Major Requirement (Q)
FC Core Course Humanities (HUM)	4 credits	FC Core Requirement (HUM)

Total Credits - 16

YEAR TWO

FALL

Exercise Physiology – EXS 3311	4 credits	Major Requirement
General Chemistry – CHM 1110	4 credits	Major Requirement
FC Core Course Culture & Society (CUS)	4 credits	FC Core Requirement (CUS)
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 I – EXS 2345	4 credits	Major Requirement
Introduction to Biological Science – BIO 1025	4 credits	Major Requirement

Total Credits - 16

YEAR THREE

FALL

General Physics – PHY 2201	4 credits	Major Requirement
Strength & Conditioning II - EXS xxxx	4 credits	Major Requirement
Introduction to Nutritional Sciences – HSC 2300	4 credits	Major Requirement
FC Core Course Social Science (SOSC)	4 credits	FC Core Requirement (SOSC)

Total Credits - 16

SPRING

Biomechanics – EXS 3308	4 credits	Major Requirement
Applications of Strength & Cond. EXS 3365	4 credits	Major Requirement
Tactical Strength & Conditioning - EXS xxx	4 credits	Major Requirement
Emergency Care & Prev. - EXS1200	2 credits	Major Requirement
Clin. Pract. in Integrated Behv. Health - EXS xxxx	2 credits	Major Requirement

Total Credits - 16

YEAR FOUR

FALL

Internship – HSC 3000	4 credits	Major Requirement (W)
FC Core Course #2	4 credits	FC Core Elective
FC Core Course #3	4 credits	FC Core Elective
Exercise Prescription & Testing – EXS 3347	4 credits	Major Requirement

Total Credits - 16

SPRING

Internship II - HSC4000	4 credits	Major Requirement
Exercise for Special Populations - EXSxxxx	4 credits	Major Requirement
Transition to Practice / CSCS Prep	2 credits	Major Requirement
FC Core Course #4	4 credits	FC Core Elective

Total Credits - 14

Notes: This is a sample curriculum map. Students may progress toward graduation using alternative pathways. In addition, ‘FC Core Requirement’ signifies that the course is required as part of the Foundations and Connections Core - the College’s general education program. Please be aware that all students must take six FC Core Requirement courses (FYS, CUS, HUM, RTS, SOSC, and STEM) and four FC Core Elective courses to satisfy the College's general education requirement.