



OTTERBEIN UNIVERSITY

Department of Health and Sport Sciences
 College of Professional Studies
 Bachelor of Science Degree

Exercise Science (S&C Conc.)

Name: _____

ID: _____

Phone: _____

Catalog Year: _____

COURSE ID	COURSE TITLE	CR. HRS.	SEM. TAKEN
Exercise Science Major Core Courses			
EXSC 1111	Anatomy and Physiology 1 and LAB	3 + 1	F
EXSC 1112	Anatomy and Physiology 2 and LAB	3 + 1	F/S
HLED 1400	Individual and Community Health	3	S
HLED 2100	Fundamentals of Nutrition <small>This course has an additional course fee.</small>	3	F/S
EXSC 1600	Exercise Modalities	3	F
EXSC 1000	Introduction to Allied Health Professions	3	F
EXSC 2300	Exercise Testing and Prescription (WI) <small>Prerequisite: HLED 1111 or BIO 1810, sophomore status or permission of instructor</small>	3	S
EXSC 2900	Practicum in Exercise Science and Health Promotion <small>Prerequisites: Sophomore standing and permission of the instructor.</small>	3	S
EXSC 3050	Exercise for Selected Populations <small>Prerequisites: EXSC 2300, Jr standing or above, Exercise Science majors only, or permission of instructor.</small>	3	F
EXSC 3100	Worksite Health Promotion <small>Prerequisite: junior status This course has an additional course fee.</small>	3	S
EXSC 3400	Kinesiology <small>Prerequisites: EXSC 1111 or BIO 1810, and open to Exercise Science & Allied Health majors only or permission of instructor.</small>	3	F/S
EXSC 3900	Independent Study in Exercise Science	2	F/S
EXSC 4400	Exercise Physiology AND LAB <small>Prerequisites: BIO 1810 and 1820 and Allied Health majors only, or EXSC 1111 and 1112 and Athletic Training or Exercise Science majors only; or permission of instructor.</small>	3 + 1	S
PUBH 3500	Public Health Program Planning and Evaluation (WI) <small>Prerequisites: HLED 1400 and junior/senior status or permission of instructor.</small>	3	F
EXSC 2200	Virtual Personal Training & Content Marketing <small>EXSC 1111 or BIO 1810 or permission from the instructor.</small>	1	F
Strength & Conditioning Concentration Requirements			
EXSC 2100	Exercise Program Organization, Administration, and Oversight <small>Must be a Health and Sport Sciences major (Exercise Science, Sports Management, Allied Health, Public Health Education, Pre-Athletic Training) or permission from the instructor.</small>	1	S
EXSC 4100	Strength & Conditioning AND LAB <small>Prerequisites: BIO 1810 and 1820 or EXSC 1111 and 1112, and Jr standing or above.</small>	3 + 1	F
EXSC 4500	Practicum in Strength and Conditioning <small>Prerequisites are senior academic standing and EXSC 4100.</small>	3	S
HLED 3200	Applied Performance Nutrition <small>Prerequisites: HLED 2100 or NURS 2400. Open to Nutrition minors only (or by permission of instructor). This course has an additional course fee.</small>	3	F/S
College Requirements			
READY DAYS	Must attend 3 out of 4 READY Days		
FYS		3	
INST 1500		3	
INST 2000		3	
INST 2200		3	
INST 2400		3	
INST 2600		3	
INST 2800		3	
INST 3000		3	
LFW	Lifestyle Fitness & Wellness	1	
SYE	Senior Year Experience	2-3	
MATH	1210 or 1220 or 1250	3	
Electives			
_____	Elective(s)	24-26	
*This checklist is to be used as a tool to assist students with scheduling and does not constitute the official college requirements. It is subject to change without notice. Please consult Otterbein University Undergraduate Course catalog for the semesters that you enrolled for official requirements. 8/2025			
		Total:	120-122

120 credit hours minimum required for graduation.

Students are responsible for monitoring their own progress toward degree completion and for meeting all graduation requirements. I have reviewed the Health Promotion and Fitness course requirement sheet and professional requirements with an advisor and assume responsibility for remaining informed and completing my program of study.

Student Signature: _____ Advisor Signature: _____ Date: _____