Major/Program	Exercise Science	
College Nursing, Human		
	Performance, and Health	
	Sciences	
Department Exercise Science and Human Perform		
Contact	Holisa Wharton, Dean	

Lander University 4-Year Major Guide

2025-2026

	F	-irst Semester	
	Course	Notes	Hours
	ENGL 101	Core Academic Skills (General Education)	3
Year	² General Education	Behavioral and Social Perspectives	3
٣	General Education	Humanities and Fine Arts	3
First	¹ Laboratory Science	Scientific and Mathematical Reasoning (General Education)	4
ш	EXSC 175		2
	LINK 101	General Education	1
		Subtotal	16

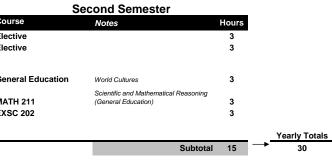
Sec	cond Semester		_	TOTALS
Course	Notes	Hours		
ENGL 102	Core Academic Skills (General Education)	3		
² General Education	Behavioral and Social Perspectives	3		
General Education	Humanities and Fine Arts Core Academic Skills (General	3		
¹ Mathematics EXSC 180 preferred or	Education)	3		
BIOM 151 or NURS 111		1		
EXSC 219		3		
				Yearly Totals
	Subtota	ıl 16	-	32

Second Year

Course	Notes	Hou
Elective		3
Elective HIST 111R,		3
HIST 112R, or	Founding Documents (General	
POLS 101R	Education)	3
PETE 100-level activity		1
EXSC 210 or ¹ BIOL 202		4
EXSC 283		1
	Codesas	-1 45

First Semester

Course
Electiv
Electiv
_
Genera
MATH :
EXSC 2



Third Year

Course	Notes		Hours
Elective			3
PETE 144			1
EXSC 308			3
EXSC 310			4
EXSC 311			4
		Subtotal	15

First Semester

First Semester

Second Semester			
Course	Notes		Hours
Elective			3
Elective			3
EXSC 326			3
EXSC 330			3
EXSC 362			4
		Subtotal	16

Fourth Year

	Course	Notes	Hour	Š
	Elective		3	
	Elective		1	
	EXSC 300 or EXSC 424		3	
	EXSC 341		3	
	EXSC 490		3	
,				
		Sub	total 13	
				ī

Second Semester			
Course	Notes		Hours
Elective			3
Elective			3
PETE 100-level a	ectivity		1
EXSC 402			3
EXSC 491			3
EXSC 499			1
		Subtotal	14

Additional Requirements: CPR/FA card

Total Hours Required: 120

Yearly Totals

Yearly Totals

Exercise Science majors must earn a "C" or better in all Major Program Core Requriements, all Major Program Additional Requirements, and EXSC 175.

EXSC 210 or BIOL 202 is a prerequisite for admission into Level II of the Exercise Science Program, along with minimum cumulative Lander GPA of 2.75

'Students following the Pre-Athletic Training (AT), Occupational Therapy (OT) or Physical Therapy (PT) concentration should take PSYC 101, MATH 121, BIOL 111 (AT: BIOL 101 or 111), and BIOL 202. Students not following the Pre-AT/OT/PT concentration may take any general education course that satisfies each of the general education requirements for the University and may take either PEES 210 or BIOL 202 for the major program core requirement.

²Students following the Pre-AT/OT/PT concentration should speak with an advisor in the Department of Exercise Science and Human Performance regarding the specific electives required to meet the Pre-AT/OT/PT prerequisites.