

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

2025-2026

Lander University 4-Year Major Guide

First Semester			Second Semester			TOTALS			
First Year	Course	Notes	Hours	Course	Notes	Hours			
	ENGL 101	Core Academic Skills (General Education)	3	ENGL 102	Core Academic Skills (General Education)	3			
	² General Education	Behavioral and Social Perspectives	3	² General Education	Behavioral and Social Perspectives	3			
	General Education	Humanities and Fine Arts	3	General Education	Humanities and Fine Arts	3			
	¹ Laboratory Science	Scientific and Mathematical Reasoning (General Education)	4	¹ Mathematics	Core Academic Skills (General Education)	3			
	EXSC 175		2	EXSC 180 preferred or BIOM 151 or NURS 111		1			
	LINK 101	General Education	1	EXSC 219		3			
Subtotal			16	Subtotal			16	Yearly Totals	32
Second Year	First Semester			Second Semester					
	Course	Notes	Hours	Course	Notes	Hours			
	Elective		3	Elective		3			
	Elective		3	Elective		3			
	HIST 111R, HIST 112R, or POLS 101R	Founding Documents (General Education)	3	General Education	World Cultures	3			
	PETE 100-level activity		1	MATH 211	Scientific and Mathematical Reasoning (General Education)	3			
	EXSC 210 or ¹ BIOL 202		4	EXSC 202		3			
EXSC 283		1	Subtotal			15	Yearly Totals	30	
Third Year	First Semester			Second Semester					
	Course	Notes	Hours	Course	Notes	Hours			
	Elective		3	Elective		3			
	PETE 144		1	Elective		3			
	EXSC 308		3	EXSC 326		3			
	EXSC 310		4	EXSC 330		3			
	EXSC 311		4	EXSC 362		4			
Subtotal			15	Subtotal			16	Yearly Totals	31
Fourth Year	First Semester			Second Semester					
	Course	Notes	Hours	Course	Notes	Hours			
	Elective		3	Elective		3			
	Elective		1	Elective		3			
	EXSC 300 or EXSC 424		3	PETE 100-level activity		1			
	EXSC 341		3	EXSC 402		3			
	EXSC 490		3	EXSC 491		3			
Subtotal			13	Subtotal			14	Yearly Totals	27

Additional Requirements: CPR/FA card

Total Hours Required: **120**

Exercise Science majors must earn a "C" or better in all Major Program Core Requirements, 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

¹Students 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.