

Major/Program	Exercise Science (Pre-Athletic Training)
College	Nursing, Human Performance, and Health Sciences
Department	Exercise Science and Human Performance
Contact	Holisa Wharton, Dean

2026-2027

Lander University 4-Year Major Guide

First Year

First Semester

Course	Notes	Hours
ENGL 101	Core Academic Skills (General Education)	3
² PSYC 101 or General	Behavioral and Social Perspectives	3
MATH 121 or MATH 141	Core Academic Skills (General Education)	3
CHEM 111	Scientific and Mathematical Reasoning (General Education)	4
EXSC 175	Wellness for Life	2
LINK 101	General Education	1
Subtotal		16

First Semester

Course	Notes	Hours
General Education	Humanities and Fine Arts (General Education)	3
EXSC 219	Historical & Phil Principles of PE & Exercise Science	3
HIST 111R, HIST 112R, or POLS 101R	Founding Documents (General Education)	3
PETE 100-level activity	100-Level Sport/Fitness	1
BIOL 215	Anatomy and Physiology I	4
EXSC 283	Introduction to Exercise Science	1
Subtotal		15

First Semester

Course	Notes	Hours
PSYC 203	Developmental Psychology	3
PETE 144	Beginning Weight Training	1
EXSC 308	Org & Admin or Exercise-related Profession	3
EXSC 310	Kinesiology & Exercise Biomechanics	4
EXSC 311	Physiology of Exercise	4
Subtotal		15

First Semester

Course	Notes	Hours
EXSC 402	Principles of Strength & Conditioning	3
PHYS 201	Introductory Physics I	4
EXSC 300 or EXSC 424	Theories of Coaching or Sports Psychology	3
EXSC 341	Research Techniques	3
EXSC 490	Internship I	3
Subtotal		16

Second Semester

Course	Notes	Hours
ENGL 102	Core Academic Skills (General Education)	3
² PSYC 101 or General	Behavioral and Social Perspectives	3
BIOL 101	Introductory Biology	4
MATH 211	Scientific and Mathematical Reasoning (General Education)	3
EXSC 180 preferred or BIOM 151 or NURS 111	Medical Terminology	1
Subtotal		14

TOTALS

Yearly Totals
30

Second Semester

Course	Notes	Hours
BIOL 216	Anatomy and Physiology II	4
PSYC 251	Abnormal Psychology	3
General Education	Humanities and Fine Arts (General Education)	3
Elective		3
EXSC 202	Personal Health & Health Promotion	3
Subtotal		16

Yearly Totals
31

Second Semester

Course	Notes	Hours
EXSC 221	Introduction to Athletic Training	3
General Education	World Cultures	3
EXSC 326	Nutrition for Health & Performance	3
EXSC 330	Physiological Adaptations to Aging	3
EXSC 362	Exercise Testing & Prescription	4
Subtotal		16

Yearly Totals
31

Second Semester

Course	Notes	Hours
Elective		1
EXSC 406	Clinical Exercise Physiology	3
PETE 100-level activity	100-Level Sport/Fitness	1
Elective		3
EXSC 491	Internship II	3
EXSC 499	Professional Concern Seminar	1
Subtotal		12

Yearly Totals
28

Additional Requirements: CPR/FA card

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

Total Hours Required:

120