

Major/Program	Exercise Science (Pre-Physical Therapy)
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 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
BIOL 215	Anatomy and Physiology I	4
EXSC 219	Historical & Phil Principles of PE & Exercise Science	3
HIST 111R, HIST 112R, or POLS 101R	Founding Documents (General Education)	3
BIOM 111(preferred) or BIOL 111	Principles of Biology I	4
EXSC 283	Introduction to Exercise Science	1

Subtotal 15

First Semester

Course	Notes	Hours
PSYC 251	Abnormal Psychology	3
PETE 144	Beginning Weight Training	1
EXSC 308	Only a MAJOR or EXERCISE-RELATED DISCIPLINE	3
EXSC 311	Physiology of Exercise	4
EXSC 310	Kinesiology & Exercise Biomechanics	4

Subtotal 15

First Semester

Course	Notes	Hours
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
PETE 100-level activity	100-Level Sport/Fitness	1

Subtotal 14

Second Semester

Course	Notes	Hours
ENGL 102	Core Academic Skills (General Education)	3
² PSYC 101 or General	Behavioral and Social Perspectives	3
CHEM 112	General Chemistry II	4
MATH 211	Scientific and Mathematical Reasoning (General Education)	3
General Education	Humanities and Fine Arts (General Education)	3

Subtotal 16

TOTALS

Yearly Totals
32

Second Semester

Course	Notes	Hours
BIOL 216	Anatomy and Physiology II	4
General Education	Humanities and Fine Arts (General Education)	3
BIOL 112	Principles of Biology II	4
EXSC 202	Personal Health & Health Promotion	3
EXSC 180 preferred or BIOM 151 or NURS 111	Medical Terminology	1

Subtotal 15

Yearly Totals
30

Second Semester

Course	Notes	Hours
Elective		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
PHYS 202	Introductory Physics II	4
Elective		1
PETE 100-level activity	100-Level Sport/Fitness	1
EXSC 402	Principles of Strength & Conditioning	3
EXSC 491	Internship II	3
EXSC 499	Professional Concern Seminar	1

Subtotal 13

Yearly Totals
27

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