

Major/Program	Exercise Science
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
General Education	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
Elective		3
PETE 144	Beginning Weight Training	1
EXSC 308	Orig & History of Exercise-Related Professions	3
EXSC 310	Kinesiology & Exercise Biomechanics	4
EXSC 311	Physiology of Exercise	4
Subtotal		15

First Semester		
Course	Notes	Hours
Elective		3
Elective		2
EXSC 300 or EXSC 424	Theories of Coaching or Sports Psychology	3
EXSC 341	Research Techniques	3
EXSC 490	Internship I	3
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
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

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

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

Second Semester		
Course	Notes	Hours
Elective		3
Elective		3
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		14

TOTALS

Yearly Totals
30

Yearly Totals
31

Yearly Totals
31

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.

BIOL 215, BIOL 216, EXSC 175, EXSC 202, and EXSC 219 are all prerequisites 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 or BIOM 111(AT: BIOL 101 or 111), and BIOL 215/216. 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 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.

Total Hours Required:

120