### First Year
**First Semester**
- **Course**: ENGL 101
  - **Notes**: Core Academic Skills (General Education)
  - **Hours**: 3
- **Course**: 'Lab Science
  - **Notes**: Scientific and Mathematical Reasoning (General Education)
  - **Hours**: 4
- **Course**: Foreign Language
  - **Notes**: Core Academic Skills (General Education)
  - **Hours**: 3
- **Course**: PEES 175
  - **Notes**: General Education Elective
  - **Hours**: 2
- **Course**: 'General Education
  - **Notes**: Behavioral and Social Perspectives (General Education)
  - **Hours**: 3
- **Course**: LINK 101
  - **Notes**: Core Academic Skills (General Education)
  - **Hours**: 1

**Subtotal**: 16

**Second Semester**
- **Course**: CIS 101
  - **Notes**: Humanities and Fine Arts (General Education)
  - **Hours**: 3
- **Course**: General Education
  - **Notes**: General Education
  - **Hours**: 3
- **Course**: Elective
  - **Notes**: General Education
  - **Hours**: 3
- **Course**: General Education
  - **Notes**: General Education
  - **Hours**: 1

**Subtotal**: 16

### Second Year
**First Semester**
- **Course**: PEES 311
  - **Hours**: 4
- **Course**: PEES 310
  - **Hours**: 3
- **Course**: SPCH 101
  - **Hours**: 3
- **Course**: MATH 211
  - **Notes**: Scientific and Mathematical Reasoning (General Education)
  - **Hours**: 3
- **Course**: PEES 144
  - **Hours**: 1

**Subtotal**: 14

**Second Semester**
- **Course**: PEES 210 or BIOL 202
  - **Hours**: 4
- **Course**: PEES 283
  - **Hours**: 1
- **Course**: PEES 202
  - **Hours**: 3
- **Course**: PEES 176
  - **Notes**: General Education Elective
  - **Hours**: 1
- **Course**: Elective
  - **Hours**: 3

**Subtotal**: 16

### Third Year
**First Semester**
- **Course**: PEES 341
  - **Hours**: 3
- **Course**: PEES 490
  - **Hours**: 3
- **Course**: PEES 330
  - **Hours**: 3
- **Course**: PEES 308
  - **Hours**: 3
- **Course**: Elective
  - **Hours**: 3
- **Course**: Elective
  - **Hours**: 1

**Subtotal**: 16

**Second Semester**
- **Course**: PEES 491
  - **Hours**: 3
- **Course**: PEES 402
  - **Hours**: 3
- **Course**: PEES 406
  - **Hours**: 3
- **Course**: PEES 499
  - **Hours**: 1
- **Course**: Elective
  - **Hours**: 3
- **Course**: PEES 100-level activity
  - **Hours**: 1
- **Course**: FALS 101
  - **Notes**: Core Academic Skills (General Education)
  - **Hours**: 1

**Subtotal**: 16

### Fourth Year
**First Semester**

**Second Semester**

**Total Hours Required**: 122

**Additional Requirements**: CPR/FA card

PEES 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 Physical Therapy/Occupational Therapy concentration should take PSYC 101, MATH 121, BIOL 111, and BIOL 202.

Students not following the PT/OT 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 core requirement.

Students following the PT/OT concentration should speak with an advisor regarding the specific electives required to meet Physical Therapy or Occupational Therapy prerequisites.