

#### 4 Year Plan **Exercise Science Major: Strength and Conditioning Track**

<b>Fall I</b>	<b>J-term</b>	<b>Spring I</b>
PAID 111 HES 261 Applied Human Anatomy w/ lab (4)		PAID 112 BIO 116 Intro to Human Physiology w/ lab (4) HES 264 Kinesiology & Biomechanics (4)
<b>Fall II</b>	<b>J-term II</b>	<b>Spring II</b>
HES 126 Human Performance Nutrition (4) HES 323 Principles of Strength Training & Cond (4)	HES 380 Internship	HES 324 Fitness Assessment (4) HES 340 Exercise Techniques (4)
<b>Fall III</b>	<b>J-term III</b>	<b>Spring III</b>
HES 343 Motor Learning (4)		HES 372 Admin & Org Health & Fitness Programs (4) HES 425 Program Design & Periodization (4)
<b>Fall IV</b>	<b>J-term</b>	<b>Spring IV</b>
HES 490 Senior Project		HES 366 Physiology of Exercise w/ lab (4)

Note: The above sequence is only a suggestion and is one of many ways a student may take courses in the **Exercise Science major: Strength and Conditioning track**. Students should be prepared to alter the sequence of the above courses to respond to course conflicts or other academic, personal, or professional requirements.