











2024 - 2025 Major Map

Clinical Exercise Science, BS

School/College: College of Health Solutions
ECEXERBS

Term 1 0 - 15 Credit Hours Critical course signified by 	Hours	Minimum Grade	Notes
 CHS 101: The ASU Experience for Health Solutions Students	1		<ul style="list-style-type: none"> ASU 101 or college-specific equivalent First-Year Seminar required of all first-year students. College of Health Solutions students take CHS 101 to fulfill this requirement. Students interested in applying to Physical Therapy school or other graduate programs are recommended to take MAT 170 and CHM 113 in term 1 and CHM 116 as an elective in a later term. Join a student club or professional organization.
 KIN 101: Introduction to Kinesiology	3	C	
CHM 101: Introductory Chemistry (SCIT OR SQ) OR CHM 113: General Chemistry I (SCIT OR SQ)	4	C	
ENG 101 or ENG 102: First-Year Composition OR ENG 105: Advanced First-Year Composition OR ENG 107 or ENG 108: First-Year Composition	3	C	
MAT 117: College Algebra (MATH OR MA) OR MAT 170: Precalculus (MATH OR MA)	3	C	
Elective	1		
Term hours subtotal:	15		
Term 2 15 - 30 Credit Hours Critical course signified by 	Hours	Minimum Grade	Notes
CHS 100: Optimizing Your Health and Performance (SOBE OR SB) OR CHS 300: An Exploration of Well-Being (SOBE OR SB)	3	C	<ul style="list-style-type: none"> First-year students must enroll in CHS 100; students who enter with more than 30 credit hours may enroll in CHS 300 instead. Visit the CHS website for current student resources including forms and policies, advising appointment scheduling, internship information, and more. Explore accelerated master's programs.
ENG 101 or ENG 102: First-Year Composition OR ENG 105: Advanced First-Year Composition OR ENG 107 or ENG 108: First-Year Composition	3	C	
EXW 215: Resistance Training and Recovery Techniques OR EXW 217: Cardiorespiratory and Flexibility Training	3	C	
PSY 101: Introduction to Psychology (SOBE OR SB)	3	C	
Humanities, Arts and Design (HUAD)	3		
 Complete ENG 101 OR ENG 105 OR ENG 107 course(s).			
Term hours subtotal:	15		
Term 3 30 - 46 Credit Hours Critical course signified by 	Hours	Minimum Grade	Notes
 BIO 201: Human Anatomy and Physiology I (SCIT OR SG)	4	C	<ul style="list-style-type: none"> In order to be successful in upper division major coursework, a minimum 2.75 cumulative GPA is required. Students interested in applying to health professions graduate programs should utilize electives to fulfill prerequisite coursework. Check your degree progress and learn to run your Graduation Audit (DARS). Become a student member of a professional organization.
EXW 215: Resistance Training and Recovery Techniques OR EXW 217: Cardiorespiratory and Flexibility Training	3	C	
HCD 300: Biostatistics (QTRS OR CS) OR PSY 230: Introduction to Statistics (QTRS OR CS) OR STP 226: Elements of Statistics (QTRS OR CS) OR STP 231: Statistics for Life Science (QTRS OR CS)	3	C	
NTR 241: Human Nutrition	3	C	
Sustainability (SUST)	3		
 Complete First-Year Composition requirement.			
 Complete Mathematics (MATH) requirement.			
 Minimum 2.75 GPA ASU Cumulative.			

Term hours subtotal: 16

Term 4 46 - 62 Credit Hours Critical course signified by ⚠	Hours	Minimum Grade	Notes
⚠ BIO 202: Human Anatomy and Physiology II (SCIT OR SG)	4	C	<ul style="list-style-type: none"> In order to be successful in upper division major coursework, a minimum 2.75 cumulative GPA is required. Review focus area electives at bottom of major map and run your Graduation Audit (DARS) prior to enrolling in term 5. Secure a part-time job or volunteer experiences. Research health professions graduate programs.
KIN 290: Introduction to Evidence-Based Practice (L) OR NTR 290: Introduction to Evidence-Based Research in Nutrition (L)	3	C	
KIN 352: Psychosocial Aspects of Physical Activity (SOBE OR SB & C)	3	C	
Humanities, Arts and Design (HUAD)	3		
Elective	3		
⚠ Complete EXW 215 AND EXW 217 courses with a grade of "C" or better.			
⚠ Minimum 2.75 GPA ASU Cumulative.			
Term hours subtotal:	16		

Term 5 62 - 78 Credit Hours Necessary course signified by ★	Hours	Minimum Grade	Notes
★ EXW 330: Kinesiological Foundations of Movement	4	C	<ul style="list-style-type: none"> Select upper division Focus Area Electives from any of the focus area lists at bottom of major map. Graduate programs typically require a minimum 3.00 GPA for admission. Develop your professional online presence.
★ KIN 340: Physiology of Exercise	3	C	
Complete 2 courses:	6	C	
Upper Division Focus Area Elective			
Global Communities, Societies and Individuals (GCSI)	3		
Term hours subtotal:	16		

Term 6 78 - 94 Credit Hours Necessary course signified by ★	Hours	Minimum Grade	Notes
★ EXW 420: Exercise Testing	4	C	<ul style="list-style-type: none"> Select an upper division Focus Area Elective from any of the focus area lists at bottom of major map. Thinking about graduate school? Consider registering for a grad school test prep course. Explore a graduate program such as the MS in Clinical Exercise Physiology or the MS in Strength and Conditioning. Gather professional references.
EXW 344: Impact of Physical Activity on Health and Disease (L)	3	C	
Upper Division Focus Area Elective	3	C	
American Institutions (AMIT)	3		
Upper Division Elective	3		
Term hours subtotal:	16		

Term 7 94 - 107 Credit Hours Necessary course signified by ★	Hours	Minimum Grade	Notes
★ EXW 427: Exercise Prescription for Cardiometabolic Health	3	C	<ul style="list-style-type: none"> Select an upper division Focus Area Elective from any of the focus area lists at bottom of major map. Begin searching for an internship and reach out to an internship coordinator with any questions. Graduate programs typically require a minimum 3.00 GPA for admission. Students interested in applying to health professions graduate programs should utilize electives to fulfill prerequisite coursework.
★ KIN 447: ECG Interpretation	3	C	
Upper Division Focus Area Elective	3	C	
Governance and Civic Engagement (CIVI)	3		
Upper Division Elective	1		
Term hours subtotal:	13		

Term 8 107 - 120 Credit Hours Necessary course signified by ★	Hours	Minimum Grade	Notes
★ EXW 484: Internship	3	C	

Upper Division Focus Area Elective	3	C
Complete 2 courses:		
Elective	7	
Term hours subtotal:	13	

- Select an upper division Focus Area Elective from any of the focus area lists at bottom of major map.
- EXW 484 fulfills the college's experiential learning requirement.
- Apply for **full-time career opportunities**.

- Students may select courses from any combination of the focus area lists to expand their knowledge in different areas. The lists are separated into several categories that span the field of exercise and health optimization. A total of 15 credit hours of focus area courses must be completed, all of which must be upper division.

Hide Course List(s)/Track Group(s)

Exercise for Chronic and Neurological Conditions Focus Area	Motor Control Focus Area	Muscular Fitness and Performance Focus Area
CHS 400: Adaptive Exercise Program Practical Experience	KIN 345: Motor Behavior	EXW 425: Exercise Prescription for Health and Wellness
EXW 426: Exercise for Neuromuscular Conditions (L)	KIN 415: Theory of Corrective Exercise	KIN 460: Theory of Strength Training (L)
EXW 494: Exercise, Diet and Weight Control	KIN 421: Human Motor Control (L)	KIN 465: Muscle Physiology
HEP 410: Obesity Perspectives and Prescriptions	KIN 422: Motor Control in Special Populations (L)	SSP 460: Resistance Training Application and Theory
KIN 416: Low Back Pain: Muscles and Movement	KIN 424: Neural Aspects of Movement and Rehabilitation	SSP 461: Performance Programming Components and Periodization
KIN 442: Fuel Metabolism		
KIN 443: Exercise Endocrinology (L)		
KIN 444: Metabolic Adaptations to Exercise Training		
PRM 453: Inclusive Community Sport		
RTH 364: Foundations in Recreational Therapy (SOBE OR SB)		
RTH 384: Recreational Therapy Practicum		
Nutrition for Health and Performance Focus Area	Physical Activity Psychology Focus Area	
HSC 355: Eating for Lifelong Health (SOBE OR SB)	EXW 400: Stress Management for Wellness	
NTR 345: Development of Healthy Cuisines	HEP 361: Digital Health Communication and Education	
NTR 353: The Western Diet	KIN 348: Psychological Skills for Optimal Performance (SOBE OR SB)	
NTR 457: Sports Nutrition	KIN 450: Biopsychosocial Perspectives on Physical Activity and Health	
NTR 448: Community Nutrition (L)	KIN 452: Exercise Psychology (SOBE OR SB)	
NTR 450: Nutrition in the Life Cycle (SOBE OR SB)	KIN 454: Motivational Theory in Exercise and Health	

- **Total Hours:** 120

- **Upper Division Hours:** 45 minimum
- **University Undergraduate Graduation Requirements**

Notes:

Mathematics Placement Assessment score determines placement in first mathematics course.

General Studies designations listed next to courses on the major map were valid for the 2024 - 2025 academic year. Please refer to the course catalog for current General Studies designations at time of class registration. General Studies credit is applied according to the designation the course carries at the time the class is taken.