

**Curriculum plan for the undergraduate years at WLC for the 3+2 BS in Sport & Exercise Science/MS Exercise Physiology at CU
Freshman**

| Fall | | | Spring | | |
|---------|------------------------------|---------|-----------|--|---------|
| Course | | Credits | Course | | Credits |
| COL 101 | Intro to College Experiences | 1 | LAS 101 | Liberal Arts Seminar | 1 |
| CHE 161 | General Chemistry 1 | 4 | ENG 101 | Writing & Rhetoric | 3 |
| CHE 168 | General Chemistry Lab | 1 | MAT 117 | *Elementary Statistics | 3 |
| COM 101 | Intro to Communication | 3 | BIO 202 | *General Biology 2 | 4 |
| SPE 200 | Intro to Sport & Ex. Sc. | 2 | PSY 101 | *Intro. to Psychology (Fall or spring) | 3 |
| PED 100 | GEN ED | 1 | FINE ARTS | GEN ED | 3 |
| THE 1xx | Theology GEN ED | 3 | | | |
| | Total | 15 | | Total | 17 |

Sophomore

| Fall | | | Spring | | |
|---------|--|---------|---------|--|---------|
| Course | | Credits | Course | | Credits |
| BIO 225 | *Anatomy & Physiology 1 | 4 | BIO 255 | *Anatomy & Physiology 2 | 4 |
| PED 315 | Prevent. & Care of Injury (Fall or 2 spring) | 2 | SPE 210 | Strength and Conditioning (Fall or spring) | 3 |
| THE xxx | Theology GEN ED | 3 | SPE 310 | Motor Learning & Develop. | 3 |
| SPE 240 | Cognitive & Behavior Change in Sport & Exercise Science (Fall or spring) | 3 | NTS 240 | Nutrition | 3 |
| ENG LIT | GEN ED | 3 | PED 200 | First Aid, CPR, AED | 1 |
| GEN ED | Elective | 3 | GEN ED | Elective | 3 |
| | Total | 18 | | Total | 17 |

Junior (Apply to Carroll University M5EXP)

| Fall | | | Spring | | |
|---------|--|---------|----------------|--|---------|
| Course | | Credits | Course | | Credits |
| SPE 490 | Internship | 3 | SPE 325 | *Physiology of Exercise (Fall or spring) | 4 |
| SPE 425 | Kinesiology & Biomechanics | 4 | SPE 430 | *Fitness Assessment & Ex. Prescription (Fall or spring) | 4 |
| SPE 450 | Research Strategies in Ex. Science (Fall or spring) | 2 | SPE Elec. | Lab elective (Fall or spring) | 4 |
| THE xxx | Theology GEN ED | 3 | THE xxx | Theology GEN ED | 3 |
| HIS xxx | GEN ED | 3 | LAS 401 OR 402 | Liberal Arts Capstone (Fall or spring) | 2 |
| GEN ED | Elective | 3 | | | |
| | Total | 18 | | Total | 17 |

Courses in red are required for the Sport & Exercise Science major. Courses in blue are recommended electives for the Sport & Exercise Science major and required for the Carroll University MEXP program. This sample program meets the 120 total credit requirements for a B.S. at WLC. Courses with a * are prerequisite courses for the CU MEXP program. Application to CU MEXP occurs in Fall of Year 3. If accepted, program begins the following fall session.

Summary of classes completed as graduate at CU, counted backwards (20 credits total)

| Carroll University MS-EXP Courses | Credits towards M5EXP | Reverse transfer to WLC | Credits toward BS-SPE |
|--|-----------------------|-------------------------------|-----------------------|
| EXP 5503, Advanced Exercise Physiology | 3 | BIO 455 Advanced Anatomy | 4 |
| EXP 5505, Lab Methods I | 2 | SPE Electives | 14 |
| EXP 5506, Research Design and Statistical Methods for3 Health Science | | | |
| EXP 5511, Cardiopulmonary Testing | 2 | | |
| EXP 5512, Electrocardiography | 2 | | |
| EXP 5516, Exercise Testing and Prescription for Clinical | 3 | | |
| EXP 5570, Cancer Rehabilitation | 3 | | |
| | 18 | TOTAL REVERSE TRANSFER | 18 |

