

**Movement Science:
Fitness/Strength Certification
Effective Date: Fall 2011**



Freshman Fall Semester					Freshman Spring Semester				
S/Y	Gr	Course	Course Name	Cr	S/Y	Gr	Course	Course Name	Cr
		ENGL-101	English Comp I (GE-R;WR)	3			ENGL-102	English Comp II (GE-R;WR)	3
		MTSC-___	Mathematics (GE-QR)	3			MVSC-124	Exercise Leadership	3
		HIST-___	History	3			SCCJ-___	Sociology or Equivalent (GE-MC;AF)	3
		MVSC-101	Lifetime Fitness & Wellness (GE-SE;WE)	2			___-___	Elective	3
		MVSC-191	University Seminar I (GE-R;L)	1			MVSC-192	University Seminar II (GE-R; L)	1
		MVSC-110	Introduction to Movement Science	1			PSYC-201	Intro to General Psychology	3
			Total Credits	13				Total Credits	16
Sophomore Fall Semester					Sophomore Spring Semester				
		Course	Course Name	Cr			Course	Course Name	Cr
		ENGL-___	Literature (GE-R;WR)	3			MVSC-218	Sport & Fitness Nutrition	3
		ENGL-200	Speech (GE-OCP;OCD)	3			MVSC-361	Sport Biomechanics (GE-CT)	3
		MVSC-201	Anatomy & Physiology I	4			MVSC-202	Anatomy & Physiology II	4
		___-___	Arts/Humanities Elective	3			MVSC-255	Introduction to Motor Learning & Motor Control (GE-CT)	3
		MVSC-210	Psychology of Physical Activity	3			___-___	Arts/Humanities Elective	3
			Total Credits	16				Total Credits	16
Junior Fall Semester					Junior Spring Semester				
		Course	Course Name	Cr			Course	Course Name	Cr
		MVSC-___	MVSC Elective	3			GLOB-395	Global Societies (GE-GL;MC)	3
		MVSC-355	Physiology of Exercise (GE-QR)	3			MVSC-362	Exercise Testing & Prescription (GE-QR)	3
		MVSC-360	Musculoskeletal Biomechanics (GE-CT)	3			MVSC-___	MVSC Elective	3
		MVSC-__	MVSC Elective	2-3			MVSC-365	Research Design & Quantitative Software Applications in Movement Science* (GE-CC; IL; QR)	3
		MVSC-470	Movement Analysis GE-CC)	3			MVSC-___	MVSC Elective	2-3
			Total Credits	14-15				Total Credits	14-15
Senior Fall Semester					Senior Spring Semester				
		Course	Course Name	Cr			Course	Course Name	Cr
		MVSC-463	Neuromuscular Adaptation to Strength Training & Conditioning	4			MVSC-465	Population Specific Exercise Intervention (GE-CC)	3
		MVSC-___	MVSC Elective	2-3			___-__	MVSC Elective	2-3
		MVSC-___	MVSC Elective	2-3			___-__	MVSC Elective	2-3
		MVSC-466	Health & Fitness Specialist	3			MVSC-480	Movement Science Senior Seminar**	6
		MVSC-461	Prevention & Care of Athletic Injuries	3					
			Total Credits	14-16				Total Credits	13-15

**A grade of C or better must be earned in all courses
Certification in First Aid & CPR required by end of 2nd Year**

* Writing Intensive Course(s)

** Senior Capstone

Total Credits: 120