



Finish in 4 Curricular Plan BS in Exercise Science



A Finish in 4 Curricular Plan provides a roadmap for completing this academic program and the UB Curriculum in four years. Your actual plan may vary depending on point of entry to the university, course placement and/or waivers based on standardized test scores, earned alternative credit and/or college transfer credit.

All students are encouraged to use this plan in conjunction with other academic planning resources such as your academic advisor, the hUB Academic Advisement Report, My Planner and Path Finder tool.

In addition to following this course roadmap, all other admission and academic requirements of this major as listed in the Undergraduate Catalog must be met in order to successfully complete this degree.

| Freshman Year – Fall Semester | | |
|-------------------------------|-----------------|---------------|
| <i>Course</i> | <i>Category</i> | <i>Credit</i> |
| UB Seminar | UBS | 3 |
| CHE 101 | M /SLI 1 | 5 |
| MTH 121 | M/MQR | 4 |
| PUB 101 | M/TP1 | 3 |
| | | |
| | | |
| | | |
| <i>Total Credits:</i> | | 15 |

| Freshman Year – Spring Semester | | |
|---------------------------------|-----------------|---------------|
| <i>Course</i> | <i>Category</i> | <i>Credit</i> |
| CHE 102 | M | 5 |
| STA 119 | M | 4 |
| NTR 108 | M/ SLI 2 | 3 |
| ENG 105 | CL1 | 4 |
| | | |
| | | |
| | | |
| <i>Total Credits:</i> | | 16 |

| Sophomore Year – Fall Semester | | |
|--------------------------------|-----------------|---------------|
| <i>Course</i> | <i>Category</i> | <i>Credit</i> |
| PHY 101 | M | 4 |
| PHY 151 | M | 1 |
| ES 207 | M | 4 |
| PSY 101 | M | 3 |
| PHI 237 | M/TP2 | 3 |
| | | |
| | | |
| <i>Total Credits:</i> | | 15 |

| Sophomore Year – Spring Semester | | |
|----------------------------------|-----------------|---------------|
| <i>Course</i> | <i>Category</i> | <i>Credit</i> |
| PHY 102 | M | 4 |
| PHY 152 | M | 1 |
| PGY 300 | M | 4 |
| ES 200 | M/TP3 | 3 |
| Global Pathway | GP1/DL | 3 |
| Global Pathway | GP2 | 3 |
| | | |
| <i>Total Credits:</i> | | 18 |

| Summer b/w Sophomore & Junior Year | | |
|------------------------------------|-----------------|---------------|
| <i>Course</i> | <i>Category</i> | <i>Credit</i> |
| ANA 407 | M | 6 |

| Junior Year – Fall Semester | | |
|-----------------------------|----------|--------|
| Course | Category | Credit |
| ES 442 | M | 1 |
| ES 380 | M | 3 |
| ES 300 | M | 3 |
| ES 341 | M | 2 |
| ES 342 | M | 3 |
| ES Elective | M | 3 |
| | | |
| <i>Total Credits:</i> | | 15 |

| Junior Year – Spring Semester | | |
|-------------------------------|----------|--------|
| Course | Category | Credit |
| ES 310 | M | 4 |
| ES 370 | M | 4 |
| ES 330 | M/GP3 | 3 |
| UBC 399 | CAP | 1 |
| ENG 285 or equivalent | CL2 | 3 |
| | | |
| | | |
| <i>Total Credits:</i> | | 15 |

| Senior Year – Fall Semester | | |
|-----------------------------|----------|--------|
| Course | Category | Credit |
| ES 340 | M | 3 |
| ES 402 | M | 2 |
| ES 410 | M | 3 |
| ES 450 | M | 1 |
| ES Elective | M | 3 |
| | | |
| | | |
| <i>Total Credits:</i> | | 12 |

| Senior Year – Spring Semester | | |
|-------------------------------|----------|--------|
| Course | Category | Credit |
| ES 429 | M | 12 |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| <i>Total Credits:</i> | | 12 |

| Junior Year – Fall Semester | | |
|-----------------------------|----------|--------|
| Course | Category | Credit |
| ES 442 | M | 1 |
| ES 380 | M | 3 |
| ES 300 | M | 3 |
| ES 341 | M | 2 |
| ES 342 | M | 3 |
| ES Elective | M | 3 |
| | | |
| <i>Total Credits:</i> | | 15 |

| Junior Year – Spring Semester | | |
|-------------------------------|----------|--------|
| Course | Category | Credit |
| ES 310 | M | 4 |
| ES 370 | M | 4 |
| ES 330 | M/GP3 | 3 |
| UBC 399 | CAP | 1 |
| ENG 285 or equivalent | CL2 | 3 |
| | | |
| | | |
| <i>Total Credits:</i> | | 15 |

| Senior Year – Fall Semester | | |
|-----------------------------|----------|--------|
| Course | Category | Credit |
| ES 340 | M | 3 |
| ES 402 | M | 2 |
| ES 410 | M | 3 |
| ES 450 | M | 1 |
| ES Elective | M | 3 |
| | | |
| | | |
| <i>Total Credits:</i> | | 12 |

| Senior Year – Spring Semester | | |
|-------------------------------|----------|--------|
| Course | Category | Credit |
| ES 429 | M | 12 |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| <i>Total Credits:</i> | | 12 |

| | |
|---|-----|
| Total Credits Required for Degree: | 124 |
|---|-----|

Category Legend:

M = Course Required for Major (including pre-requisites needed for admission to the major)

E = Elective (course not required for major or UB Curriculum)

The following are all components of the UB Curriculum (UBC) For more information on the UBC and course options visit: <list url of Catalog UBC page>

- UBS = UB Seminar
- CL1/CL 2 = Communication Literacy (2 required)
- CAP = UB Capstone
- DL = Diversity Learning
- GP1/GP2/GP3 = Global Pathway Course (3 required)
- MQR = Math and Quantitative Reasoning
- SLI1/SLI2 = Scientific Literacy and Inquiry (2 required)
- TP1/TP2/TP3 = Thematic Pathway Course (3 required)

Note: Some classes may count toward both a major (M) and UB Curriculum (UBC) requirement. Courses that count towards more than one requirement are indicated by a "/" (slash) in the category column indicating which categories the course will satisfy.

