

**Exercise Science Major: Strength and Conditioning Track**

Name \_\_\_\_\_

**Semester/Year**

**Core:**

\_\_\_\_\_ HES 261/BIO 115 4cr

\_\_\_\_\_ BIO 116/BIO 255 4cr

\_\_\_\_\_ HES 264 4cr

\_\_\_\_\_ HES 343 4cr

\_\_\_\_\_ HES 366 4cr

\_\_\_\_\_ HES 490 1/2/4cr

**Track: Complete all of the following.**

\_\_\_\_\_ HES 126 4cr

\_\_\_\_\_ HES 323 4cr

\_\_\_\_\_ HES 324 4cr

\_\_\_\_\_ HES 340 4cr

\_\_\_\_\_ HES 372 4cr

\_\_\_\_\_ HES 380 4cr (min) - 8cr (max)

\_\_\_\_\_ - \_\_\_\_cr

\_\_\_\_\_ - \_\_\_\_cr

\_\_\_\_\_ - \_\_\_\_cr

\_\_\_\_\_ - \_\_\_\_cr

\_\_\_\_\_ HES 425 4cr