



# SUCCESS GUIDE

Associate in Science - Exercise Science and Exercise, Performance, & Health Optimization					
Path to the Plains					
Semester	Grade	Course	Course Description	Credit Hours	Area
1		ORI 101	Orientation to College	2	V
		ENG 101	English Composition I (Minimum grade of C required)	3	I
		MTH 113	Precalculus Trigonometry or higher	3	III
		BIO 103	Principles of Biology I	4	III
		Humanities	Core Humanities course	3	II
		PHED 1000	Active Auburn	2	V
			Semester Total	17	
2		ENG 102	English Composition II (Minimum grade of C required)	3	I
		HIS 101 or HIS 121	Western Civilization I or World History I	3	IV
		BIO 104	Principles of Biology II (Must complete sequence)	4	III
		Medical Terminology	Any of these count as Medical Terminology at Auburn University: BIO 120, HIT 110, HPS 105, OAD 211	3	V
		KINE 1100	Wellness & Public Health	3	V
			Semester Total	16	
3		BIO 201	Human Anatomy & Physiology I	4	V
		Literature	Core Literature course	3	II
		Social Science	Core Social Science course	3	IV
		HIS 102 or HIS 122	Western Civilization II or World History II or other Social Science course**	3	IV
		KINE 2250	Motor Development Across the Lifespan	2	V
			Semester Total	15	
4		Fine Arts	Core Fine Arts course	3	II
		BIO 202	Human Anatomy & Physiology II	4	V
		Humanities	Core Literature or other Humanities course**	3	II
		Social Science	Core Social Science course	3	IV
		KINE 4620	Exercise and Sport Psychology	3	V
			Semester Total	16	
Total credit hours to be taken at Auburn University - 10			TOTAL HOURS	64	

2025-2026 Catalog

\*\*Must complete either a history or literature sequence.