

2024-2025

B.S. EXERCISE SCIENCE
Fitness & Nutrition



GRACE CORE (39 credits)

Students will integrate faith and learning across disciplines, demonstrate foundational knowledge and ways of knowing, cultivate characteristics of maturity in relationships with God, others, self, and the world, and apply knowledge to all aspects of life through intellectual and practical skills.

1000-Level Courses

First-Year Learning Communities

FYE 1000	First-Year Foundations	3
BIB 1050	Exploring the Bible	3
PSY 1200	Essentials of Behavioral Science	3
HIS 1050	Current Issues in Historical Context	3

First-Year Learning Competencies

ENG 1100	Effective Writing	3
COM 1100	Public Speaking	3

2000-Level Courses

HUM 2100	Creative Arts & Culture	3
@ HUM 2000	Global Perspectives	3
SCI 2030	Faith, Science, & Reason	3
HUM 2010-30	Cross-Cultural Field Experience	0
@ BIB 2010	Scripture and Interpretation	3

3000-Level Courses

ECN 3000	Consumer Economics	3
PHI 3010	Christianity and Critical Thinking	3
@ BIB 3300	Essential Doctrinal Themes	3

ADDITIONAL GENERAL EDUCATION--B.S. DEGREE (6 credits)

Satisfies B.S. Degree

MAT 1000+	Any Math (1000 Level and Above)	3
	Any Social Science with the following course prefix: SCI, ENV, CHM, BIO, PSY, SOC, or BHS	3

THE MAJOR (73 credits)

EXERCISE SCIENCE COURSE REQUIREMENTS (30 credits)

EXS 1000	Introduction to Exercise Science	3
EXS 1050	Dynamics of Fitness	3
EXS 2000	Kinesiology	3
EXS 2130	Principles of coaching	3
@ EXS 2250	Care and Prevention of Injuries	3
EXS 2500	Group Fitness Instruction	3
@ EXS 3000	Strength and Conditioning	3
EXS 3300	Special Topics in Fitness	3
@ EXS 3600	Fitness Assessment	3
@ EXS 4180	Exercise Physiology	3

NUTRITION COURSE REQUIREMENTS (22 credits)

CHM 1010	Introduction to Chemistry	4
CHM 1020	Introduction to Chemistry Lab	0
BIO 2210	Nutrition	3
@ BIO 2240	Introduction to Public Health	3
EXS 2300	Nutrition for Life Cycles	3
EXS 3200	Nutrition for Sport Performance	3
EXS 3240	Nutrition Assessment and Counseling	3
EXS 3280	Nutrition for Health and Disease	3

EXERCISE SCIENCE EXPERIENTIAL COURSES (7 credits)

EXS 2150	Practicum in Exercise Science	2
@ EXS 4930	Internship in Exercise Science	3
EXS 4840	Research in Exercise Science	2

SCIENCE COURSE REQUIREMENTS (8 credits)

BIO 2010/2020	Anatomy and Physiology 1 + Lab	4
@ BIO 2040/2050	Anatomy and Physiology 2 + Lab	4

PSYCHOLOGY COURSE REQUIREMENTS (6 credits)

Choose 2 of the following:

PSY 3300	Sports Psychology	3
PSY 3550	Health Psychology	3
PSY 3600	Motivation and Emotion	3

GRADUATION REQUIREMENTS

To receive a degree, each student must satisfy checksheet requirements, earn 120 credit hours, have a 2.2 GPA in major courses, a 2.0 GPA in minor courses, and a GPA of 2.0 overall. It is the student's responsibility to work with his/her advisor and monitor progress toward these goals. Some majors and/or minors may have more stringent guidelines.

IS A MINOR REQUIRED WITH THIS MAJOR? NO

Notes about this major:

CHECKSHEET TOTAL CREDITS: 118
TOTAL CREDITS NEEDED TO GRADUATE: 120

† Indicates a course taught by a partner college/university.
@ Indicates a course with prerequisites. Please review catalog for prerequisites.