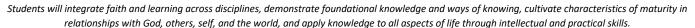
# 2024-2025

# **B.S. EXERCISE SCIENCE**







1000-Level Courses				2000-Level Courses			
First-Year Learning Communities				HUM 2100	Creative Arts & Culture	3	
FYE 1000	First-Year Foundations	3	@	HUM 2000	Global Perspectives	3	
BIB 1050	Exploring the Bible	3		SCI 2030	Faith, Science, & Reason	3	
PSY 1200	Essentials of Behavioral Science	3		HUM 2010-30	Cross-Cultural Field Experience	0	
HIS 1050	Current Issues in Historical Context	3	@	BIB 2010	Scripture and Interpretation	3	
First-Year Learning Competencies				3000-Level Cou	vel Courses		
ENG 1100	Effective Writing	3		ECN 3000	Consumer Economics	3	
COM 1100	Public Speaking	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)
Any Social Science with the following course prefix:
3
SCI, ENV, CHM, BIO, PSY, SOC, or BHS

## THE MAJOR (73 credits)

EXERCISE SCIENCE COURSE REQUIREMENTS (30 credits)				EXERCISE SCIENCE EXPERIENTIAL COURSES (7 credits)				
	EXS 1000	Introduction to Exercise Science	3		EXS 2150	Practicum in Exercise Science	2	
	EXS 1050	Dynamics of Fitness	3	@	EXS 4930	Internship in Exercise Science	3	
	EXS 2000	Kinesiology	3		EXS 4840	Research in Exercise Science	2	
	EXS 2130	Principles of coaching	3					
@	EXS 2250	Care and Prevention of Injuries	3		<b>SCIENCE COUF</b>	CIENCE COURSE REQUIREMENTS (8 credits)		
	EXS 2500	Group Fitness Instruction	3		BIO 2010/2020	Anatomy and Physiology 1 + Lab	4	
@	EXS 3000	Strength and Conditioning	3	@	BIO 2040/2050	Anatomy and Physiology 2 + Lab	4	
	EXS 3300	Special Topics in Fitness	3					
@	EXS 3600	Fitness Assessment	3		<b>PSYCHOLOGY</b>	COURSE REQUIREMENTS (6 credits)		
@	EXS 4180	Exercise Physiology	3		Choose 2 of the	following:		
					PSY 3300	Sports Psychology	3	
NUTRITION COURSE REQUIREMENTS (22 credits)				PSY 3550	Health Psychology	3		
	CHM 1010	Introduction to Chemistry	4		PSY 3600	Motivation and Emotion	3	
	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					

## **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