



**BACHELOR OF SCIENCE IN EXERCISE SCIENCE**  
**Pre – Athletic Training Emphasis**  
 (Minimum 120 credit hours required)

NAME \_\_\_\_\_

DATE \_\_\_\_/\_\_\_\_/\_\_\_\_

**RELIGION CORE**

**DEVELOPING BIBLICAL FAITH/LIFESTYLE**

- BIBL-110 Message of the New Testament (3) ..... ( )
- BIBL-111 Message of the Old Testament (3) ..... ( )
- THEO-230 Intro. to Theology (3) ..... ( )
- THEO-231 Intro. to Christian Ethics (3) ..... ( )
- Christian Service (80 clock hours)\* ..... ( )

\*Christian Service is not a course; the hours are earned by a combination of class, group, and individual service learning experiences.

SUBTOTAL (12 hours) ..... \_\_\_\_\_

**LEE UNIVERSITY FRESHMAN EXPERIENCE**

- LEEU-101 Freshman Seminar: Gateway (1) (Fall)..... ( )
- LEEU-102A Global Perspectives Seminar (1) (Spring) ... ( )
- LEEU-102B Foundations of Benevolence (1) (Spring) .... ( )

SUBTOTAL (3 hours) ..... \_\_\_\_\_

**GENERAL EDUCATION CORE**

**ACQUIRING FUNDAMENTAL ACADEMIC SKILLS**

- ENGL-105 (4) and ENGL-110 (3)..... ( ) ( )
- OR ENGL-106 (3) and ENGL-110 (3)
- OR ENGL-110 (3) [Depends on placement]

**EXPLORING THE HUMANITIES**

- HUMN-201 Foundations of Western Culture (3) ..... ( )
- Two of the following (6)**
- HUMN-202 Rise of Europe (3) ..... ( ) ( )
  - HUMN-301 Foundations of Modern World (3)
  - HUMN-302 Modern Western Culture (3)
  - HIST-221 / 222 Western Civilization I, II (3) (3)
  - ENGL-221 Western Lit: Ancient to Renaissance (3)
  - ENGL-222 Western Lit: Enlightenment to Postmodern (3)

**One of the following (3)**

- ARTS-244 / 245 Art History I, II (3) (3) ..... ( )
- MUHL-211 Music in Culture (3)
- PHIL-241 Introduction to Philosophy (3) (recommended)
- THEA-201 Theatre in Culture (3)

**UNDERSTANDING CONTEMPORARY SOCIETY**

- HIST-212 Recent American History (3)
- OR**
- PLSC-250 American Government (3) ..... ( )
- Two of the following (6)**
- PSYC-200 Understanding Human Behavior (3)
  - SOCI-200 Understanding Contemp. Society (3)
  - ECON-200 Understanding Economic Issues (3) ..... ( ) ( )

**SEEKING A GLOBAL PERSPECTIVE**

- GNST-250-253 Cross Cultural Experience (1-3)..... ( )
  - LING-201 Intro Language and Culture (3)..... ( )
- SUBTOTAL (28/34 hours) ..... \_\_\_\_\_

**SPECIALTY AREA**

- MATH-161 Intro to Statistics (3) ..... ( )
- CHEM-101 Intro General/Organic/Biochemistry (3)..... ( )
- CHEM-101L Intro Gen/Org/Biochem Lab (1) ..... ( )
- HSCI-291 Principles of Nutrition (3) ..... ( )
- HSCI-292 Intro Human Anat & Physiology I (4) ..... ( )
- HSCI-293 Intro Human Anat & Physiology II (4) ..... ( )
- PHED-350 Psychology of Sport (3) ..... ( )
- PHED-495 Faith and Practice (3) ..... ( )
- EXSC-215 Exercise Technique Perf/Wellness (3) ..... ( )
- EXSC-225 Intro Research Methods/Stats (3) ..... ( )
- EXSC-335 Exercise Physiology I (3) ..... ( )
- EXSC-365 Kinesiology (3)..... ( )
- EXSC-395 Nutrition for Health/Performance (3) ..... ( )
- EXSC-435 Exercise Physiology II (3) ..... ( )
- EXSC-445 Exercise in Health & Disease (3)..... ( )
- EXSC-455 Program Design Athletic Perf. (3)..... ( )
- EXSC-465 Exercise Testing & Prescription (3) ..... ( )
- EXSC-475 Internship in Exercise Science (3) ..... ( )

SUBTOTAL (54 hours) ..... \_\_\_\_\_

**PRE – ATHLETIC TRAINING EMPHASIS**

- BIOL-109/109L Principles of Biology & Lab (4) ..... ( )
- EXSC-385 Care & Prev Athletic Injuries (3) ..... ( )
- EXSC-440 Pharmacology for Athletic Training (3) ..... ( )
- HLTH-360 Personal/Community Health (3) ..... ( )
- HSCI-398 Medical Terminology (3)..... ( )

SUBTOTAL (16 hours) ..... \_\_\_\_\_

**GENERAL ELECTIVES**

- ..... ( )
- ..... ( )

SUBTOTAL (0/7 hours) ..... \_\_\_\_\_

**ACADEMIC ASSESSMENT**

- GNST-400 Academic Assessment (0) ..... ( )

**SUGGESTED FOUR YEAR SEQUENCE OF STUDY FOR  
BACHELOR OF SCIENCE IN EXERCISE SCIENCE,  
PRE – ATHLETIC TRAINING EMPHASIS**

(The 80-clock-hour Christian Service requirement is not listed, but is spread throughout the four years.)

**FRESHMAN YEAR - Fall**

<b>Course</b>	<b>Hours</b>
Intro to Statistics.....	3
College Writing/Workshop .....	3/4
LEEU 101 .....	1
Message of New OR Old Testament .....	3
Biology 104.....	4
<b>Total</b>	<b>14/15</b>

**SOPHOMORE YEAR - Fall**

<b>Course</b>	<b>Hours</b>
Intro. to Theology .....	3
Into Human Anat/Physiology I.....	4
Understanding Human Behavior.....	3
Principles of Nutrition.....	3
Exercise Technique in Perf. Wellness.....	3
<b>Total</b>	<b>16</b>

**JUNIOR YEAR - Fall**

<b>Course</b>	<b>Hours</b>
Kinesiology.....	3
Exercise Physiology II.....	3
Medical Terminology.....	3
Foundations of Western Culture.....	3
Language and Culture .....	3
<b>Total</b>	<b>15</b>

**SENIOR YEAR - Fall**

<b>Course</b>	<b>Hours</b>
Exercise Testing & Prescription .....	3
Program Design in Perf/Wellness.....	3
Pharmacology for Ath. Train.....	3
Faith and Practice.....	3
Psychology of Sport .....	3
<b>Total</b>	<b>15</b>

**FRESHMAN YEAR - Spring**

<b>Course</b>	<b>Hours</b>
LEEU 101A and LEEU 101B .....	2
Message of New OR Old Testament .....	3
Intro Research Methods/Stats .....	3
Intro General/Organic/Biochemistry.....	3
Intro General/Organic/Biochemistry Lab.....	1
Rhetoric & Research.....	3
<b>Total</b>	<b>15</b>

**SOPHOMORE YEAR - Spring**

<b>Course</b>	<b>Hours</b>
Intro to Christian Ethics.....	3
Intro to Human Anatomy & Physiology II.....	4
Understanding Contemp. Society .....	3
Exercise Physiology I .....	3
Recent American History.....	3
<b>Total</b>	<b>16</b>

**JUNIOR YEAR - Spring**

<b>Course</b>	<b>Hours</b>
Humanities Options.....	3
Exercise Health & Disease.....	3
Care & Prevention.....	3
Personal & Comm. Health.....	3
Nutrition for Health & Performance .....	3
<b>Total</b>	<b>15</b>

**SENIOR YEAR - Spring**

<b>Course</b>	<b>Hours</b>
Cross-Cultural Experience .....	1/3
Humanities Option.....	3
Internship in Exercise Science.....	3
General Electives .....	3-5
Humanities Options.....	3
<b>Total</b>	<b>15/17</b>