



BACHELOR OF SCIENCE IN EXERCISE SCIENCE

(130 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)..... ()
- RELG-200 Bib/Theo Foundations for Benevolence (1). ()
- Christian Service (2)* ()

SUBTOTAL (15 hours) _____

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

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]

CISS-100 Computer Literacy (2) ()

GNST-101 Freshman Seminar: Gateway (2) ()

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

POLS-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

ANTH-200 Global Perspectives Seminar (1)..... ()

GNST-250-253 Cross Cultural Experience (1-3)..... ()

LING-201 Intro Language and Culture (3)..... ()

SUBTOTAL (33/39 hours) _____

SPECIALTY AREA

CHEM-110, CHEM-113 and CHEM-119 Chemistry (8)

OR

CHEM-111 and CHEM-112 Chemistry (8) () ()

HSCI-291 Principles of Nutrition (3).....()

HSCI-292 Human Anatomy & Physiology I (4)()

HSCI-293 Human Anatomy & Physiology II (4)()

HSCI-330 Fitness, Wellness, Lifestyle Mgmt (3)()

HSCI-331 Cardiovascular Health (3).....()

HSCI-344 Exercise Physiology I (3).....()

PHED-350 Psychology of Sport (3)()

HSCI-353 Safety & First Aid (CPR cert.req.) (2)()

HSCI-361 Kinesiology (3).....()

HLTH-391 Nutrition for Health and Performance (3) ... ()

PHED-440 Motor Learning & Development (3)()

PHED-441 Assessment/Eval Health/PE/ExSci. (3)()

HSCI-444 Exercise Physiology II (3)()

HSCI-450 Exercise Testing & Prescription (3)()

SUBTOTAL (51 hours)..... _____

COLLATERAL REQUIREMENTS

MATH-111 College Algebra (3)()

PHED-115 Basic Concepts of Fitness (1)()

PHED-201 Foundations of Health/PE/ExSci (3).....()

PHED-445 Seminar Health/PE/ExSci Research (1).....()

PHED-495 Faith and Practice (3).....()

HSCI-470 Internship in Exercise Science (3).....()

SUBTOTAL (14 hours)..... _____

GENERAL ELECTIVES

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SUBTOTAL (11/17 hours)..... _____

ACADEMIC ASSESSMENT

GNST-400 Academic Assessment (0)()

SUGGESTED FOUR YEAR SEQUENCE OF STUDY FOR BACHELOR OF SCIENCE IN EXERCISE SCIENCE

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

FRESHMAN YEAR

<u>Course</u>	<u>Hours</u>
College Writing/Workshop	3/4
Rhetoric and Research	3
*General Chemistry I and II	8
Message of New and Old Testament	6
Freshman Seminar: Gateway.....	2
College Algebra.....	3
U S History/Government Option	3
Computer Literacy	2
Basic Concepts of Fitness.....	2
Total	32/33

SOPHOMORE YEAR

<u>Course</u>	<u>Hours</u>
Bib/Theo Foundations of Benevolence	1
Intro. to Theology	3
Intro. to Christian Ethics	3
Safety and First Aid.....	2
Psychology of Sport	3
Foundations of Western Culture	3
Humanities Option (PHI 241 recommended).....	3
Found. Of Health & P.E. & Ex. Sci.	3
Nutrition.....	3
Human Anatomy & Physiology	8
Electives.....	1
Total	33

JUNIOR YEAR

<u>Course</u>	<u>Hours</u>
Fitness, Wellness & Lifestyle Mgmt	3
Cardiovascular Health.....	3
Physiology of Exercise I.....	3
Kinesiology.....	3
Nutrition for Health & Performance	3
Humanities Options.....	6
Global Perspectives Seminar.....	1
Contemporary Society Options	6
Language and Culture	3
Elective	3
Total	34

SENIOR YEAR

<u>Course</u>	<u>Hours</u>
Cross-Cultural Experience	1/3
Motor Learning and Development.....	3
Physiology of Exercise II.....	3
Seminar in Research	1
Exercise Testing & Prescription	3
Assessment and Evaluation.....	3
Fitness/Wellness Internship.....	3
Faith and Practice	3
Electives.....	9/11
Total	29/34

* or CHEM-110/CHEM-113/CHEM-119 option, which will alter sequence.