



## BACHELOR OF SCIENCE IN EXERCISE SCIENCE

(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) ..... \_\_\_\_\_

**FRESHMAN / SOPHOMORE EXPERIENCE**

- LEEU-101 Freshman Seminar: Gateway (1) (1<sup>st</sup> Fall) ..... ( )
- LEEU-102 Global Perspectives Seminar (1) (1<sup>st</sup> Spring) ... ( )
- LEEU-202 Foundations of Benevolence (1) (2<sup>nd</sup> Fall) ..... ( )

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

**GENERAL EDUCATION CORE**

**ACQUIRING FUNDAMENTAL ACADEMIC SKILLS**

- 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-201 Art in Culture (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 (28/33 hours) ..... \_\_\_\_\_

**SPECIALTY AREA**

- EXSC-205 Foundations of Exercise Science (1).....( )
- EXSC-215 Exercise Techniques Perf/Wellness (3).....( )
- EXSC-225 Intro Research Methods/Stats (3).....( )
- EXSC-335 Exercise Physiology I (3).....( )
- EXSC-365 Kinesiology (3).....( )
- EXSC-375 Exercise Testing & Prescription (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 Perf/Wellness. (3).....( )
- EXSC-475 Internship in Exercise Science (3).....( )

SUBTOTAL (31 hours)..... \_\_\_\_\_

**COLLATERAL REQUIREMENTS**

- CHYS-135 General/Organic/Biochemistry (3) .....( )
- CHYS-135L Gen/Org/Biochem Lab (1) .....( )
- BIOS-231 Principles of Nutrition (3) .....( )
- HLTH-353 Safety & First Aid (2) .....( )
- HSCS-231 Intro Human Anat & Physiology I (4) .....( )
- HSCS-232 Intro Human Anat & Physiology II (4) .....( )
- MTHS-135 Intro to Statistics (3).....( )
- MGMT-205 Business Management (3).....( )
- PHED-350 Psychology of Sport (3) .....( )
- PHED-395 Sport Facility Management (3) .....( )
- PHED-404 Sport Law (3).....( )
- PHED-440 Motor Learning & Development (3).....( )
- PHED-495 Faith and Practice (3) .....( )

SUBTOTAL (38 hours)..... \_\_\_\_\_

**GENERAL ELECTIVES**

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

SUBTOTAL (3/8 hours)..... \_\_\_\_\_

**ACADEMIC ASSESSMENT**

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

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

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

### FRESHMAN YEAR

Course	Hours
LEEU-101, 102.....	2
College Writing.....	3
Rhetoric and Research.....	3
Message of New & Old Testament.....	6
Recent American History.....	3
Understanding Human Behavior.....	3
Intro General/Organic/Biochem & Lab.....	4
Introduction to Statistics.....	3
Foundations of Exercise Science.....	1
Total	28

### JUNIOR YEAR

Course	Hours
Humanities Option.....	3
Understanding Contemporary Society.....	3
Kinesiology.....	3
Exercise Physiology II.....	3
Language and Culture.....	3
Psychology of Sport.....	3
Sport Facility & Management.....	3
Sport Law.....	3
Nutrition for Health & Performance.....	3
Exercise Testing & Prescription.....	3
Total	30

### SOPHOMORE YEAR

Course	Hours
LEEU-202 Benevolence.....	1
Intro. to Theology.....	3
Intro. to Christian Ethics.....	3
Intro Human Anatomy/Physiology I and II.....	8
Intro Research Methods/Stats.....	3
Business Management.....	3
Principles of Nutrition.....	3
Exercise Tech in Perf. Wellness.....	3
Foundations of Western Culture.....	3
Exercise Physiology I.....	3
Total	33

### SENIOR YEAR

#### 1<sup>ST</sup> SEMESTER

Course	Hours
Humanities Option.....	3
Exercise in Health & Disease.....	3
Program Design for Perform. & Wellness.....	3
Safety & First Aid.....	2
Elective.....	3
Total	14

#### SENIOR YEAR

#### 2<sup>ND</sup> SEMESTER

Course	Hours
Motor Learning & Development.....	3
Faith and Practice (Capstone).....	3
Internship.....	3
Humanities Option (PHIL-241 recommended).....	3
Electives.....	3
Total	15

Cross-Cultural Experience (Summer) ..... 1/3