



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)..... _____

FRESHMAN / SOPHOMORE EXPERIENCE

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

- MTHS-123 College Algebra (3) OR
- MTHS-161 Algebra for Calculus (4)..... ()
- MTHS-162 Trigonometry (3)..... ()
- CHYS-135 General/Organic/Biochemistry (3)..... ()
- CHYS-135L Gen/Org/Biochem Lab (1)..... ()
- BIOS-231 Principles of Nutrition (3)..... ()
- HSCS-231 Intro Human Anat & Physiology I (4)..... ()
- HSCS-232 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-375 Exercise Testing & Prescription (3)..... ()
- EXSC-395 Nutrition for Health & Performance (3)..... ()
- EXSC-435 Exercise Physiology II (3)..... ()
- EXSC-455 Prog Design Performance/Wellness (3)..... ()
- EXSC-475 Internship in Exercise Science (3)..... ()

SUBTOTAL (54/55 hours)..... _____

PRE – ATHLETIC TRAINING EMPHASIS

- BIOS-161 Principles of Biology & Lab (4)..... ()
- EXSC-385 Care & Prev Athletic Injuries (3)..... ()
- PHYS-130 Physics for Health Science (4)..... ()

SUBTOTAL (14 hours)..... _____

GENERAL ELECTIVES

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

SUBTOTAL (7/12 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

<u>Course</u>	<u>Hours</u>
LEEU-101, 102.....	2
College Writing.....	3
Rhetoric and Research.....	3
Message of New & Old Testament.....	6
Principles of Biology & Lab.....	4
Intro General/Organic/Biochem & Lab.....	4
Algebra OR Algebra for Calculus.....	3/4
Intro Research Methods/Stats.....	3
Total	28/29

JUNIOR YEAR

<u>Course</u>	<u>Hours</u>
Foundations of Western Culture.....	3
Humanities Option (PHIL-241 recommended).....	3
U S History/Government Option.....	3
Kinesiology.....	3
Exercise Physiology II.....	3
Elective.....	3
Physics for Health Professions & Lab.....	4
Care & Prevention.....	3
Nutrition for Health & Performance.....	3
Psychology of Sport.....	3
Total	31

SOPHOMORE YEAR

<u>Course</u>	<u>Hours</u>
LEEU-202 Benevolence.....	1
Intro. to Theology.....	3
Intro. to Christian Ethics.....	3
Intro Human Anatomy/Physiology I and II.....	8
Understanding Human Behavior.....	3
Understanding Contemporary Society.....	3
Principles of Nutrition.....	3
Exercise Tech in Perf. Wellness.....	3
Trigonometry.....	3
Exercise Physiology I.....	3
Total	33

SENIOR YEAR**1ST SEMESTER**

<u>Course</u>	<u>Hours</u>
Exercise Testing & Prescription.....	3
Program Design for Perform. & Wellness.....	3
Language and Culture.....	3
Cross-Cultural Experience.....	1/3
General Electives.....	3
Total	13/15

SENIOR YEAR**2ND SEMESTER**

<u>Course</u>	<u>Hours</u>
Faith & Practice (Capstone).....	3
Internship.....	3
Humanities Options.....	6
General Electives.....	3
Total	15