



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) _____

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

- CHEM-101 Intro General/Organic/Biochemistry (4).....()
- HSCI-291 Principles of Nutrition (3)()
- HSCI-292 Intro Human Anatomy & Physiology I (4) ... ()
- HSCI-293 Intro Human Anatomy & Physiology II (4) .. ()
- HSCI-330 Fitness, Wellness, Lifestyle Mgmt (3) ()
- HSCI-331 Cardiovascular Health (3).....()
- HSCI-344 Exercise Physiology I (3).....()
- HSCI-353 Safety & First Aid (CPR cert.req.) (2)()
- HSCI-361 Kinesiology (3).....()
- HSCI-399 Nutrition for Health and Performance (3) ... ()
- HSCI-444 Exercise Physiology II (3)()
- HSCI-450 Exercise Testing & Prescription (3)()
- PHED-350 Psychology of Sport (3).....()
- PHED-440 Motor Learning & Development (3)()
- PHED-441 Assess/Eval Wellness,Rec.,Ex.Sci. (3)()

SUBTOTAL (47 hours) _____

COLLATERAL REQUIREMENTS

- MATH-161 Intro to Statistics (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

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

SUBTOTAL (10/16 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

<u>Course</u>	<u>Hours</u>
LEEU 101, 102A, 102B	3
College Writing/Workshop	3/4
Rhetoric and Research	3
Intro General/Organic/Biochemistry	4
Message of New and Old Testament	6
Intro to Statistics.....	3
U S History/Government Option	3
Basic Concepts of Fitness.....	1
General Electives	4
Total	<u>30/31</u>

SOPHOMORE YEAR

<u>Course</u>	<u>Hours</u>
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
Intro to Human Anatomy & Physiology.....	8
Total	<u>31</u>

JUNIOR YEAR

<u>Course</u>	<u>Hours</u>
Fitness, Wellness & Lifestyle Mgmt	3
Cardiovascular Health.....	3
Exercise Physiology I.....	3
Kinesiology.....	3
Nutrition for Health & Performance	3
Humanities Options.....	6
Contemporary Society Options	6
Language and Culture	3
Total	<u>30</u>

SENIOR YEAR

<u>Course</u>	<u>Hours</u>
Cross-Cultural Experience	1/3
Motor Learning and Development.....	3
Exercise Physiology II	3
Seminar in Research	1
Exercise Testing & Prescription	3
Assessment and Evaluation.....	3
Fitness/Wellness Internship.....	3
Faith and Practice	3
General Electives.....	9
Total	<u>29/31</u>