

2023-2024

B.S. EXERCISE SCIENCE
Health & Wellness



GRACE CORE (39 credits)

Students will integrate faith and learning across disciplines, demonstrate foundational knowledge and ways of knowing, cultivate characteristics of maturity in relationships with God, others, self, and the world, and apply knowledge to all aspects of life through intellectual and practical skills.

1000-Level Courses

First-Year Learning Communities

| | | |
|----------|--------------------------------------|---|
| FYE 1000 | First-Year Foundations | 3 |
| BIB 1050 | Exploring the Bible | 3 |
| PSY 1200 | Essentials of Behavioral Science | 3 |
| HIS 1050 | Current Issues in Historical Context | 3 |

First-Year Learning Competencies

| | | |
|----------|-------------------|---|
| ENG 1100 | Effective Writing | 3 |
| COM 1100 | Public Speaking | 3 |

2000-Level Courses

| | | |
|-------------|---------------------------------|---|
| HUM 2100 | Creative Arts & Culture | 3 |
| @ HUM 2000 | Global Perspectives | 3 |
| SCI 2030 | Faith, Science, & Reason | 3 |
| HUM 2010-30 | Cross-Cultural Field Experience | 0 |
| @ BIB 2010 | Scripture and Interpretation | 3 |

3000-Level Courses

| | | |
|------------|------------------------------------|---|
| ECN 3000 | Consumer Economics | 3 |
| PHI 3010 | Christianity and Critical Thinking | 3 |
| @ BIB 3300 | Essential Doctrinal Themes | 3 |

ADDITIONAL GENERAL EDUCATION--B.S. DEGREE (6 credits)

Satisfies B.S. Degree

| | | |
|-----------|--|---|
| MAT 1000+ | Any Math (1000 Level and Above) | 3 |
| | Any Social Science with the following course prefix: SCI, ENV, CHM, BIO, PSY, SOC, or BHS | 3 |

THE MAJOR (53 credits)

EXERCISE SCIENCE COURSE REQUIREMENTS (27 credits)

| | | |
|------------|----------------------------------|---|
| EXS 1000 | Introduction to Exercise Science | 3 |
| EXS 1050 | Dynamics of Fitness | 3 |
| EXS 2000 | Kinesiology | 3 |
| @ EXS 2250 | Care and Prevention of Injuries | 3 |
| @ EXS 3000 | Strength and Conditioning | 3 |
| @ EXS 3600 | Fitness Assessment | 3 |
| @ EXS 3750 | Exercise Cardiology | 3 |
| @ EXS 4180 | Exercise Physiology | 3 |
| @ EXS 4240 | Biomechanics | 3 |

SCIENCE COURSE REQUIREMENTS (19 credits)

| | | |
|-----------------|--------------------------------|---|
| BIO 1610/1620 | General Biology 1 + Lab | 4 |
| @ BIO 1710/1720 | General Biology 2 + Lab | 4 |
| @ BIO 2210 | Nutrition | 3 |
| @ BIO 2010/2020 | Anatomy and Physiology 1 + Lab | 4 |
| @ BIO 2040/2050 | Anatomy and Physiology 2 + Lab | 4 |

EXERCISE SCIENCE EXPERIENTIAL COURSES (7 credits)

| | | |
|------------|--------------------------------|---|
| EXS 2150 | Practicum in Exercise Science | 2 |
| @ EXS 4930 | Internship in Exercise Science | 3 |
| EXS 4840 | Research in Exercise Science | 2 |

GRADUATION REQUIREMENTS

To receive a degree, each student must satisfy checksheet requirements, earn 120 credit hours, have a 2.2 GPA in major courses, and a GPA of 2.0 overall. It is the student's responsibility to work with his/her advisor and monitor progress toward these goals. Some majors and/or minors may have more stringent guidelines.

IS A MINOR REQUIRED WITH THIS MAJOR? YES

Notes about this major:

CHECKSHEET TOTAL CREDITS: 98
TOTAL CREDITS NEEDED TO GRADUATE: 120

† Indicates a course taught by a partner college/university.
 @ Indicates a course with prerequisites. Please review catalog for prerequisites.