

2020-2021

B.S. EXERCISE SCIENCE Health & Wellness



GRACE CORE (39 credits)

The Grace Core is designed around four essential relationships. Though all courses engage most relationships, courses are organized according to the relationship that is their primary focus.

Relationship to God

BIB 1050	Exploring the Bible	3
@ BIB 2010	Scripture and Interpretation	3
@ BIB 3300	Essential Doctrinal Themes	3

Relationship to Self

FYE 1000	First-Year Foundations	3
ECN 3000	Consumer Economics	3
@ PHI 3010	Christianity and Critical Thinking	3

Relationship to Others

COM 1100	Public Speaking	3
ENG 1100	Effective Writing	3
PSY 1200	Essentials in Behavioral Science	3

Relationship to the World and Environment

HIS 1050	Current Issues in Historical Context	3
HUM 2000	Global Perspectives	3
HUM 2010-30	Cross-cultural Field Experience	0
HUM 2100	Creative Arts & Culture	3
SCI 2030	Faith, Science, and Reason	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 (71 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

BEHAVIORAL SCIENCE COURSES (9 Credits)

Any Social Science with the following course prefix: PSY, SOC, or BHS		
Suggested courses:		
PSY 3300	Sports Psychology	3
PSY 3550	Health Psychology	3
PSY 3600	Motivation and Emotion	3
BHS 4000	Brain and Behavior	3
SOC 3230	Substance Use and Abuse	3

BUSINESS COURSES (9 Credits)

Any Business with the following course prefix: BUS, SMT, MKT, ACC, or FIN		
Suggested courses:		
SMT 2050	Risk Management	3
EXS 2130	Principles of Coaching	3
MGT 2430	Principles of Management	3
BUS 3260	Small Business Entrepreneurship	3
MKT 4030	Services Marketing	3

GRADUATION REQUIREMENTS

To receive a degree, each student must satisfy checklist 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? NO

Notes about this major:

**CHECKSHEET TOTAL CREDITS: 116
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.