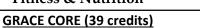
2023-2024

B.S. EXERCISE SCIENCE







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 Cou	<u>rses</u>		2000-Level Courses				
	First-Year Learning Communities				HUM 2100	Creative Arts & Culture	3	
	FYE 1000	First-Year Foundations	3	@	HUM 2000	Global Perspectives	3	
	BIB 1050	Exploring the Bible	3		SCI 2030	Faith, Science, & Reason	3	
	PSY 1200	Essentials of Behavioral Science	3		HUM 2010-30	Cross-Cultural Field Experience	0	
	HIS 1050	Current Issues in Historical Context	3	@	BIB 2010	Scripture and Interpretation	3	
First-Year Learning Competencies					3000-Level Cou			
	ENG 1100	Effective Writing	3		ECN 3000	Consumer Economics	3	
	COM 1100	Public Speaking	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: 3
SCI, ENV, CHM, BIO, PSY, SOC, or BHS

THE MAJOR (73 credits)

	EXERCISE SCIE	NCE COURSE REQUIREMENTS (30 credits)			EXERCISE SCIE	NCE EXPERIENTIAL COURSES (7 credits)	
	EXS 1000	Introduction to Exercise Science	3		EXS 2150	Practicum in Exercise Science	2
	EXS 1050	Dynamics of Fitness	3	@	EXS 4930	Internship in Exercise Science	3
	EXS 2000	Kinesiology	3		EXS 4840	Research in Exercise Science	2
	EXS 2130	Principles of coaching	3				
@	EXS 2250	Care and Prevention of Injuries	3		SCIENCE COUP	RSE REQUIREMENTS (8 credits)	
	EXS 2500	Group Fitness Instruction	3			Anatomy and Physiology 1 + Lab	4
@	EXS 3000	Strength and Conditioning	3	@	BIO 2040/2050	Anatomy and Physiology 2 + Lab	4
	EXS 3300	Special Topics in Fitness	3			, , -,	
@	EXS 3600	Fitness Assessment	3		PSYCHOLOGY	COURSE REQUIREMENTS (6 credits)	
@	EXS 4180	Exercise Physiology	3		Choose 2 of the	following:	
					PSY 3300	Sports Psychology	3
	NUTRITION CO	OURSE REQUIREMENTS (22 credits)			PSY 3550	Health Psychology	3
	CHM 1010	Introduction to Chemistry	4		PSY 3600	Motivation and Emotion	3
	CHM 1020	Introduction to Chemistry Lab	0				
	BIO 2210	Nutrition	3				
@	BIO 2240	Public Health	3				
	EXS 2300	Nutrition for LIfe Cycles	3				
	EXS 3200	Nutrition for Sport Performance	3				
	EXS 3240	Nutrition Assessment and Counseling	3				
	EXS 3280	Nutrition for Health and Disease	3				

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? NO

Notes about this major:

CHECKSHEET TOTAL CREDITS: 118
TOTAL CREDITS NEEDED TO GRADUATE: 120