

2025-2026

B.A. or B.S. EXERCISE SCIENCE - Nutrition**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.A. or B.S. DEGREE (6 credits)**Satisfies B.S. Degree**

Any course with Prefix MAT	3
Any course with prefix: BIO, PHY, SCI, CSI, HIS, PSY, BHS	3

Satisfies B.A. Degree

FRE/SPA	Proficiency in Language & Culture	6
GRE/HEB	French, Spanish, Greek, Hebrew	

THE MAJOR (71 credits)**SCIENCE COURSES (37 Credits)**

BIO 1610/1620	General Biology I + Lab	4
BIO 2010/2020	Anatomy & Physiology I + Lab	4
@ BIO 2040/2050	Anatomy & Physiology II + Lab	4
BIO 2210	Nutrition	3
BIO 2240	Introduction to Public Health	3
@ BIO 2310	Biochemistry	3
BIO 2700/2710	Introduction to Microbiology + Lab	4
CHM 1610/1620	General Chemistry I + Lab	4
@ CHM 1710/1720	General Chemistry II + Lab	4
@ CHM 2610/2620	Organic Chemistry I + Lab	4

PSYCHOLOGY COURSES (3 Credits)

PSY 2420	Organizational Psychology	3
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EXERCISE SCIENCE COURSES (24 Credits)

EXS 1050	Dynamics of Fitness	3
EXS 2300	Nutrition for Lifecycles	3
EXS 3200	Nutrition for Sport Performance	3
EXS 3240	Nutrition Assessment & Counseling	3
EXS 3280	Nutrition for Health & Disease	3
† NDMII	Food Science	3
† NDMIII	Food Economics	3
† NDM VI	Medical Nutrition Therapy	3

EXPERIENTIAL LEARNING REQUIREMENT (7 Credits)

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

TOTAL CREDITS TO GRADUATE: 120

To receive a degree, each student must satisfy checklist requirements, earn at least 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**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 prereqs.