## 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.

munities Year Foundations oring the Bible ntials of Behavioral Science ent Issues in Historical Context petencies	3 3 3 3	@	HUM 2100 HUM 2000 SCI 2030 HUM 2010-30 BIB 2010	Creative Arts & Culture Global Perspectives Faith, Science, & Reason Cross-Cultural Field Experience Scripture and Interpretation	3 3 3 0 3
oring the Bible ntials of Behavioral Science ent Issues in Historical Context	3	@	SCI 2030 HUM 2010-30	Faith, Science, & Reason Cross-Cultural Field Experience	0
ntials of Behavioral Science ent Issues in Historical Context	3	@	HUM 2010-30	Cross-Cultural Field Experience	0
ent Issues in Historical Context	-	@		•	-
	3	@	BIB 2010	Scripture and Interpretation	3
petencies					
			3000-Level Cou	<u>irses</u>	
tive Writing	3		ECN 3000	Consumer Economics	3
c Speaking	3		PHI 3010	Christianity and Critical Thinking	3
		@	BIB 3300	Essential Doctrinal Themes	3
ADDITIONAL GENERAL EDU	JCATIO	NI	B.A. or B.S. DI	EGREE (6 credits)	
Satisfies B.S. Degree Satisfies B.A. Degree					
Any course with Prefix MAT			FRE/SPA	Proficiency in Language & Culture	6
Any course with prefix: BIO, PHY, SCI, CSI, HIS, PSY, BHS			GRE/HEB	French, Spanish, Greek, Hebrew	
	ЛАТ	ADDITIONAL GENERAL EDUCATIO	@ <u>ADDITIONAL GENERAL EDUCATIONI</u> AAT <u>3</u>	<ul> <li>@ BIB 3300</li> <li>ADDITIONAL GENERAL EDUCATIONB.A. or B.S. DI Satisfies B.A. D</li> <li>MAT</li> <li>3 FRE/SPA</li> </ul>	BIB 3300 Essential Doctrinal Themes     ADDITIONAL GENERAL EDUCATIONB.A. or B.S. DEGREE (6 credits)     Satisfies B.A. Degree     MAT 3 FRE/SPA Proficiency in Language & Culture

SCIENCE COURSES (37 Credits)			EXERCISE	SCIENCE COURSES (24 Credits)		
BIO 1610/1620	General Biology I + Lab	4	EXS 1050	Dynamics of Fitness	3	
BIO 2010/2020	Anatomy & Physiology I + Lab	4	EXS 2300	Nutrition for Lifecycles	3	
BIO 2040/2050	Anatomy & Physiology II + Lab	4	EXS 3200	Nutrition for Sport Performance	3	
BIO 2210	Nutrition	3	EXS 3240	Nutrition Assessment & Counseling	3	
BIO 2240	Introduction to Public Health	3	EXS 3280	Nutrition for Health & Disease	3	
BIO 2310	Biochemistry	3	† NDMII	Food Science	3	
BIO 2700/2710	Introduction to Microbiology + Lab	4	† NDMIII	Food Economics	3	
CHM 1610/1620	General Chemistry I + Lab	4	† NDM VI	Medical Nutrition Therapy	3	
P CHM 1710/1720	General Chemistry II + Lab	4				
P CHM 2610/2620	Organic Chemistry I + Lab	4				
			EXPERIEN	TIAL LEARNING REQUIRMENT (7 Credits)		
PSYCHOLOGY COURSES (3 Credits)			EXS 2150	Practicum in Exercise Science	2	
	<ul> <li>BIO 1610/1620</li> <li>BIO 2010/2020</li> <li>BIO 2040/2050</li> <li>BIO 2210</li> <li>BIO 2240</li> <li>BIO 2310</li> <li>BIO 2700/2710</li> <li>CHM 1610/1620</li> <li>CHM 1710/1720</li> <li>CHM 2610/2620</li> </ul>	BIO 1610/1620General Biology I + LabBIO 2010/2020Anatomy & Physiology I + LabBIO 2040/2050Anatomy & Physiology II + LabBIO 2210NutritionBIO 2240Introduction to Public HealthBIO 2310BiochemistryBIO 2700/2710Introduction to Microbiology + LabCHM 1610/1620General Chemistry II + LabCHM 2610/2620Organic Chemistry I + Lab	BIO 1610/1620General Biology I + Lab4BIO 2010/2020Anatomy & Physiology I + Lab4BIO 2040/2050Anatomy & Physiology I + Lab4BIO 2210Nutrition3BIO 2240Introduction to Public Health3BIO 2310Biochemistry3BIO 2700/2710Introduction to Microbiology + Lab4CHM 1610/1620General Chemistry I + Lab4Q CHM 2610/2620Organic Chemistry I + Lab4	BIO 1610/1620         General Biology I + Lab         4         EXS 1050           BIO 2010/2020         Anatomy & Physiology I + Lab         4         EXS 2300           BIO 2040/2050         Anatomy & Physiology I + Lab         4         EXS 3200           BIO 2210         Nutrition         3         EXS 3240           BIO 2240         Introduction to Public Health         3         EXS 3280           BIO 2310         Biochemistry         3         † NDMII           BIO 2700/2710         Introduction to Microbiology + Lab         4         † NDMIII           CHM 1610/1620         General Chemistry I + Lab         4         * NDM VI           CHM 2610/2620         Organic Chemistry I + Lab         4         * EXPERIENT	BIO 1610/1620General Biology I + Lab4EXS 1050Dynamics of FitnessBIO 2010/2020Anatomy & Physiology I + Lab4EXS 2300Nutrition for LifecyclesBIO 2040/2050Anatomy & Physiology II + Lab4EXS 3200Nutrition for Sport PerformanceBIO 2210Nutrition3EXS 3240Nutrition Assessment & CounselingBIO 2240Introduction to Public Health3EXS 3280Nutrition for Health & DiseaseBIO 2310Biochemistry3† NDMIIFood ScienceBIO 2700/2710Introduction to Microbiology + Lab4† NDMIIIFood EconomicsCHM 1610/1620General Chemistry II + Lab4† NDM VIMedical Nutrition TherapyP CHM 2610/2620Organic Chemistry I + Lab4#EXPERIENTIAL LEARNING REQUIRMENT (7 Credits)	

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PSY 2420	Organizational Psychology
1 31 2420	organizational r sychology

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 checksheet 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 strigent 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.