

2026-2027
B.S. EXERCISE SCIENCE



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:	3
	SCI, ENV, CHM, BIO, PSY, SOC, or BHS	

THE MAJOR (66-79 credits)

EXERCISE SCIENCE FOUNDATION COURSES (27 credits)

EXS 1000	Introduction to Exercise Science	3
EXS 1050	Dynamics of Fitness	3
EXS 2000	Kinesiology	3
BIO 2210	Nutrition	3
@ EXS 2250	Care and Prevention of Injuries	3
@ EXS 3000	Strength and Conditioning	3
@ EXS 3500	Fitness Assessment	3
@ EXS 3520	Exercise Prescription	3
@ EXS 4180	Exercise Physiology	3

EXERCISE SCIENCE EXPERIENTIAL COURSES (5 credits)

EXS 4910-03	Internship in Exercise Science	3
EXS 4840	Research in Exercise Science	2

SELECT ONE CONCENTRATION

Pre-Physical Therapy Concentration (47 credits)

<i>Biology Group (see right)</i>	11	
<i>Advanced Anatomy & Physiology Group (see right)</i>	8	
<i>Choose 3 courses from Psychology Group (see right)</i>	9	
CHM 1610/1620	General Chemistry 1 + Lab	4
CHM 1710/1720	General Chemistry 2 + Lab	4
PHY 2140/2150	College Physics 1 + Lab	4
PHY 2160/2170	College Physics 2 + Lab	4
EXS 4240	Biomechanics	3

Pre-Occupational Therapy Concentration (34 credits)

<i>Biology Group (see right)</i>	11	
<i>Advanced Anatomy & Physiology Group (see right)</i>	8	
<i>Choose 3 courses from Psychology Group (see right)</i>	9	
SOC 1100	Intro to Sociology	3
@ EXS 4240	Biomechanics	3

Pre-Athletic Training Concentration (42 credits)

<i>Biology Group (see right)</i>	11	
<i>Advanced Anatomy & Physiology Group (see right)</i>	8	
<i>Choose 3 courses from Psychology Group (see right)</i>	9	
CHM 1610/1620	General Chemistry 1 + Lab	4
@ PHY 2140/2150	College Physics 1 + Lab	4
@ EXS 3750	Exercise Cardiology	3
@ EXS 4240	Biomechanics	3

Fitness & Nutrition Concentration (36 credits)

<i>Anatomy & Physiology Group (see below)</i>		8
<i>Choose 2 courses from Psychology Group (see below)</i>		6
EXS 2130	Principles of Coaching	3
EXS 3300	Special Topics in Fitness	3
CHM 1010/1020	Introduction to Chemistry + Lab	4
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

Health & Wellness Concentration (37 credits)

<i>Biology Group (see below)</i>		11
<i>Anatomy & Physiology Group (see below)</i>		8
<i>Choose 3 courses from Psychology Group (see below)</i>		9
EXS 2130	Principles of Coaching	3
EXS 3750	Exercise Cardiology	3
EXS 4240	Biomechanics	3

Psychology Group

PSY 1100	Introduction to Psychology	3
PSY 2170	Abnormal Psychology	3
PSY 2880	Life Span Development	3
PSY 3300	Sports Psychology	3
PSY 3550	Health Psychology	3
PSY 3600	Motivation and Emotion	3

Biology Group

BIO 1610/1620	General Biology 1 + Lab	4
@ BIO 1710/1720	General Biology 2 + Lab	4
BIO 1200	Medical Terminology	3

Anatomy & Physiology Group

BIO 2010/2020	Anatomy and Physiology 1 + Lab	4
@ BIO 2040/2050	Anatomy and Physiology 2 + Lab	4

Advanced Anatomy & Physiology Group

BIO 3210/3220	Adv. Anatomy and Physiology 1 + Lab	4
@ BIO 3310/3320	Adv. Anatomy and Physiology 2 + Lab	4

IS A MINOR REQUIRED WITH THIS MAJOR? NO

Notes about this major:

CHECKSHEET TOTAL CREDITS: 111-124

TOTAL CREDITS NEEDED TO GRADUATE: 120

GRADUATION REQUIREMENTS

To receive a degree, each student must satisfy checksheet requirements, earn 120 credit hours, have a 2.2 GPA in major courses, a 2.0 GPA in minor 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.

† Indicates a course taught by a partner college/university.

@ Indicates a course with prerequisites. Please review catalog for prerequisites.