

# Exercise Science Major

Bachelor of Science

2023-2024 Degree Plan

## Core Curriculum 49 Credits

BIB 434	Romans	3
BIB/THE	Bible Theology Elective (300-400 level)	3
CHM 122	The Great Commandment	3
CHM 301	Spiritual and Leadership Development	3
CHM 328	The Great Commission	3
ENG 131	English Composition	3
ENG 132	Writing and Literature	3
HIS 135X	Old Testament History	3
HIS 136X	New Testament History	3
MAT 131	College Algebra	3
SCI 243	General Biology I	4
THE 231	Christian Doctrine	3
COM 140	Perspectives in Communication or	
COM 252	Interpersonal Communication	3
FAR/MUS	Fine Arts Elective or	
HON 225	Beauty: Art and Culture	3
HIS 133	World Civilization to 1500 or	
HIS 134	World Civilization since 1500 or	
HIS 231	American Civilization to 1877 or	
HIS 232	American Civilization since 1877	3
PSY 130	General Psychology or	3
SOC 230	Sociology	

## Electives 21 Credits

A minimum of 36 credits must be at the upper (300-400) level for a bachelor degree.

## Exercise Science Major 55 Credits

LWE 356	Emergency Medical Responder	3
MAT 226	Applied Statistics	3
SCI 219	Medical Terminology	3
SCI 245	General Chemistry I	4
SCI 247	Physics I	4
SCI 261	Human Anatomy and Physiology I	4
SCI 262	Human Anatomy and Physiology II	4
SCI 324	Health and Wellness Across the Lifespan	3
SCI 326	Biomechanics	3
SCI 360	Applied Nutrition	3
SCI 379	Exercise Physiology	3
SCI 424	Exercise Testing & Interpretation	3
SCI 441	Senior Science Seminar	3
SCI 451	Training Theory and Analytics	3
SCI 452	Exercise Prescription for Clinical Populations	3
SCI 445	Exercise Science Practicum I	3
SCI 458	Scientific Research and Analysis	3

All major core classes must be completed with a grade of C or higher.

## Total Credits 125 Credits

Core Curriculum	49
Electives	21
Exercise Science Major	55

**Total Credits Required for Graduation 125**

# Exercise Science Major

## Four Year Plan

Freshman		Fall (16 credits)	Freshman	Spring (16 credits)	
HIS 135X	Old Testament History or		HIS 135X	Old Testament History or	
HIS 136X	New Testament History	3	HIS 136X	New Testament History	3
CHM 122	The Great Commandment	3	ENG 132	Writing and Literature	3
ENG 131	English Composition	3	HIS 133	World Civilization to 1500 or	
MAT 131	College Algebra	3	HIS 134	World Civilization since 1500 or	
SCI 245	General Chemistry I	4	HIS 231	American Civilization to 1877 or	
			HIS 232	American Civilization since 1877	3
			SCI 244	General Biology II	4
			PSY 130	General Psychology or	
			SOC 230	Sociology	3

Sophomore		Fall (16-17 credits)	Sophomore	Spring (16 credits)	
LWE 356	Emergency Medical Responder	3	CHM 328	The Great Commission	3
MAT 226	Applied Statistics	3	COM 140	Perspectives in Communication or	
SCI 261	Human Anatomy & Physiology I	4	COM 252	Interpersonal Communication	3
THE 231	Christian Doctrine	3	FAR/MUS	Fine Arts Elective or	
SCI 219	Medical Terminology (even) or		HON 225	Beauty: Art and Culture	3
SCI 247	Physics I (odd)	3	SCI 262	Human Anatomy and Physiology II	4
			SCI 379	Exercise Physiology (even) or	
			SCI 324	Health and Wellness Across the Lifespan (odd)	3

Junior		Fall (15-16 credits)	Junior	Spring (15 credits)	
CHM 301	Spiritual and Leadership Development	3	BIB/THE	Bible or Theology Elective (300-400 level)	3
SCI 326	Biomechanics	3	SCI 360	Applied Nutrition	3
Elective	General Elective	3	SCI 379	Exercise Physiology (even) or	
SCI 219	Medical Terminology (even) or		SCI 324	Health and Wellness Across the Lifespan (odd)	3
SCI 247	Physics I (odd)	3-4	Electives	General Electives (even) or	
SCI 424	Exercise Testing & Interpretation (even) or		SCI 451	Training Theory and Analytics (odd) <b>and</b>	
Elective	General Elective (odd)	3	SCI 452	Exercise Prescription for Clinical Populations (odd)	6

Senior		Fall (15 credits)	Senior	Spring (15 credits)	
BIB 434	Romans	3	SCI 441	Senior Science Seminar	3
SCI 445	Exercise Science Practicum I	3	Electives	General Electives	6
SCI 458	Scientific Research and Analysis	3	Electives	General Electives (even) or	
Elective	General Elective	3	SCI 452	Exercise Prescription for Clinical Populations (odd) <b>and</b>	
SCI 424	Exercise Testing & Interpretation (even) or		SCI 451	Training Theory and Analytics (odd)	6
Elective	General Elective (odd)	3			