

Exercise Science Major

Bachelor of Science

2025-2026 Degree Plan

Core Curriculum 50 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
SCI 243	General Biology I	4
SCI 244	General Biology II	4
THE 231	Christian Doctrine	3
COM 133	Speech or	
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	
SOC 230	Sociology	3

Electives 17 Credits

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

Exercise Science Major 58 Credits

EXS 115	Introduction to Exercise Science	3
EXS 325	Biomechanics	3
EXS 380	Exercise Physiology	3
EXS 425	Exercise Testing & Interpretation	3
EXS 450	Training Theory and Analytics	3
EXS 452	Exercise Prescription for Clinical Populations	3
EXS 479	Advanced Nutrition for Sport and Exercise	3
EXS 481	Exercise Science Practicum I	3
MAT 131	College Algebra	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 360	Applied Nutrition	3
SCI 441	Senior Science Seminar	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	50
Electives	17
Exercise Science Major	58

Total Credits Required for Graduation 125

Exerise Science Major

Four Year Plan

Freshman			Fall (16 credits)			Freshman			Spring (16 credits)		
CHM 122	The Great Commandment	3				HIS 135X	Old Testament History or				
ENG 131	English Composition	3				HIS 136X	New Testament History	3			
EXS 115	Introduction to Exercise Science	3				ENG 132	Writing and Literature	3			
MAT 131	College Algebra	3				HIS 133	World Civilization to 1500 or				
SCI 243	General Biology I	4				HIS 134	World Civilization since 1500 or				
						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 (17 credits)			Sophomore			Spring (16 credits)		
HIS 135X	Old Testament History or					CHM 328	The Great Commission	3			
HIS 136X	New Testament History	3				FAR/MUS	Fine Arts Elective or				
COM 140	Perspectives in Communication or					HON 225	Beauty: Art and Culture	3			
COM 252	Interpersonal Communication	3				MAT 226	Applied Statistics	3			
SCI 245	General Chemistry I	4				SCI 262	Human Anatomy and Physiology II	4			
SCI 261	Human Anatomy & Physiology I	4				Elective	General Elective	3			
SCI 219	Medical Terminology (even) or										
Elective	General Elective (odd)	3									
Junior			Fall (15-16 credits)			Junior			Spring (15 credits)		
EXS 325	Biomechanics	3				CHM 301	Spiritual and Leadership				
Elective	General Elective	3					Development	3			
SCI 219	Medical Terminology (even) or					EXS 380	Exercise Physiology	3			
Elective	General Elective (odd)	3				SCI 360	Applied Nutrition	3			
EXS 425	Exercise Testing &					Electives	General Electives (even) or				
	Interpretation (even) or					EXS 450	Training Theory and Analytics (odd)				
SCI 247	Physics I (odd)	3-4					and				
THE 231	Christian Doctrine	3				EXS 452	Exercise Prescription for Clinical				
							Populations (odd)	6			
Senior			Fall (15-16 credits)			Senior			Spring (14 credits)		
BIB/THE	Bible Theology Elective					BIB 434	Romans	3			
	(300-400 level)	3				SCI 441	Senior Science Seminar	3			
EXS 479	Advanced Nutrition for Sport and					Elective	General Elective	2			
	Exercise	3				Electives	General Electives (even) or				
EXS 481	Exercise Science Practicum I	3				EXS 450	Training Theory and Analytics (odd)				
SCI 458	Scientific Research and Analysis	3					and				
EXS 425	Exercise Testing &					EXS 452	Exercise Prescription for Clinical				
	Interpretation (even) or						Populations (odd)	6			
SCI 247	Physics I (odd)	3-4									