

## **Exercise Science Major**

Bachelor of Science

2025-2026 Degree Plan

Core Curri	culum 50 Cred	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	3	
	Development		
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
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A minimum of 36 credits must be at the upper (300-400) level for a bachelor degree.

ence Major 58	Credit	ts
Introduction to Exercise Sc	ience	3
Biomechanics		3
Exercise Physiology		3
Exercise Testing & Interpret	tation	3
Training Theory and Analyt	ics	3
Exercise Prescription for Cli	inical	
Populations		3
Advanced Nutrition for Spo	rt and	
Exercise		3
Exercise Science Practicum	n l	3
College Algebra		3
Applied Statistics		3
Medical Terminology		3
General Chemistry I		4
Physics I		4
Human Anatomy and Phys	iology I	4
Human Anatomy and Phys	iology II	4
Applied Nutrition		3
Senior Science Seminar		3
Scientific Research and Ana	alysis	3
	Introduction to Exercise Sc Biomechanics Exercise Physiology Exercise Testing & Interpret Training Theory and Analyt Exercise Prescription for Cl Populations Advanced Nutrition for Spo Exercise Exercise Science Practicum College Algebra Applied Statistics Medical Terminology General Chemistry I Physics I Human Anatomy and Phys Applied Nutrition Senior Science Seminar	Introduction to Exercise Science Biomechanics Exercise Physiology Exercise Testing & Interpretation Training Theory and Analytics Exercise Prescription for Clinical Populations Advanced Nutrition for Sport and Exercise Exercise Science Practicum I College Algebra Applied Statistics Medical Terminology General Chemistry I Physics I Human Anatomy and Physiology II Applied Nutrition

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

## **Excerise Science Major**

## Four Year Plan

HIS 135X Old Testament History or HIS 136X New Testament History OM 140 Perspectives in Communication or COM 252 Interpersonal Communication or Foliation SCI 245 General Chemistry I SCI 261 Human Anatomy & Physiology I Elective General Elective (odd)  Telective General Elective SCI 219 Fall (15-16 credits)  Junior  Fall (15-16 credits)  Junior  Sprin  EXS 325 Biomechanics General Elective General Elective SCI 219 Medical Terminology (even) or Elective General Elective General Elective General Elective SCI 219 Medical Terminology (even) or EXS 325 Elective General Elective General Elective SCI 219 Medical Terminology (even) or EXS 380 Exercise Physiolog Elective General Elective (odd) SCI 360 Applied Nutrition EXS 425 Exercise Testing & Electives General Electives Interpretation (even) or EXS 450 Training Theory ar and THE 231 Christian Doctrine SCHM 302  CHM 301 Spiritual and Lead Development EXS 480 Exercise Physiolog EXS 480 Training Theory ar and EXS 450 Exercise Prescript Populations (odd)	3 ture 3 to 1500 or since 1500 or on to 1877 or on since 1877 3 4
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EXS 479 Advanced Nutrition for Sport and Elective General Elective	6 (14 credits)
Exercise 3 Electives General Electives	6 (14 credits)
EXS 481 Exercise Science Practicum I 3 EXS 450 Training Theory are	(14 credits)  3 ninar 3 2
SCI 458 Scientific Research and Analysis 3 and	6 (14 credits) 3 ninar 3 2 even) or
EXS 425 Exercise Testing & EXS 452 Exercise Prescript	6 (14 credits) 3 ninar 3 2 even) or
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