

Exercise Science Major

Bachelor of Science

2026-2027 Degree Plan

Core Curriculum 50 Credits

BIB 461	Corinthians Correspondence	3
BIB/THE	Bible or Theology Elective (300-400 level)	3
BIO 143	General Biology I	3
BIO 143L	General Biology I Lab	1
BIO 144	General Biology II	3
BIO 144L	General Biology II Lab	1
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
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

BIO 129	Medical Terminology	3
BIO 252	Applied Nutrition	3
BIO 271	Anatomy and Physiology I	3
BIO 271L	Anatomy and Physiology I Lab	1
BIO 272	Anatomy and Physiology II	3
BIO 272L	Anatomy and Physiology II Lab	1
BIO 473	Scientific Research and Analysis	3
BIO 486	Senior Science Seminar	3
CHE 261	General Chemistry I	3
CHE 261L	General Chemistry I Lab	1
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
PHY 225	Physics I	3
PHY 225L	Physics I Lab	1

All Biological and Health Sciences Department 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

Exercise Science Major

Four Year Plan

Freshman

Fall (16 credits)

BIO 143	General Biology I	3
BIO 143L	General Biology I Lab	1
CHM 122	The Great Commandment	3
ENG 131	English Composition	3
EXS 115	Introduction to Exercise Science	3
MAT 131	College Algebra	3

Freshman

Spring (16 credits)

BIB 135X	Old Testament History or	
BIB 136X	New Testament History	3
BIO 144	General Biology II	3
BIO 144L	General Biology II Lab	1
ENG 132	Writing and Literature	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

Sophomore

Fall (17 credits)

BIB 135X	Old Testament History or	
BIB 136X	New Testament History	3
BIO 129	Medical Terminology	3
BIO 271	Anatomy and Physiology I	3
BIO 271L	Anatomy and Physiology I Lab	1
CHE 261	General Chemistry I	3
CHE 261L	General Chemistry I Lab	1
COM 133	Speech or	
COM 140	Perspectives in Communication or	
COM 252	Interpersonal Communication	3

Sophomore

Spring (16 credits)

BIO 252	Applied Nutrition	3
BIO 272	Anatomy and Physiology II	3
BIO 272L	Anatomy and Physiology II Lab	1
CHM 328	The Great Commission	3
Elective	General Elective	3
MAT 226	Applied Statistics	3

Junior

Fall (16 credits)

EXS 325	Biomechanics	3
Elective	General Elective	6
PHY 225	Physics I	3
PHY 225L	Physics I Lab	1
THE 231	Christian Doctrine	3

Junior

Spring (15 credits)

CHM 301	Spiritual and Leadership	
	Development	3
EXS 380	Exercise Physiology	3
Electives	General Electives	6
FAR/MUS	Fine Arts Elective or	
HON 225	Beauty: Art and Culture	3

Senior

Fall (15 credits)

BIB/THE	Bible or Theology Elective (300-400 level)	3
BIO 473	Scientific Research and Analysis	3
EXS 425	Exercise Testing & Interpretation	3
EXS 479	Advanced Nutrition for Sport and Exercise	3
EXS 481	Exercise Science Practicum I	3

Senior

Spring (14 credits)

BIB 461	Corinthians Correspondence	3
BIO 486	Senior Science Seminar	3
EXS 450	Training Theory and Analytics	3
EXS 452	Exercise Prescription for Clinical Populations	3
Elective	General Elective	2