

# Exercise Science

## Sample Program of Study for B.S. in Exercise Science



### YEAR ONE

#### Semester 1

BEL 1015 1<sup>st</sup> Year Seminar (3)  
FYS 1010 1<sup>st</sup> Year Writing (3)  
EXS 1010 Found. of Ex Sci (2)  
WEL 1600 Health & Fit Conc (2)  
Fine Arts (3)  
Social Science (3)

#### Semester 2

COM 1100 Fund of Speech (3)  
SPM 2350 Prev and Treat of Injury (3)  
REL 1010 Understand Bible/ILC (3)  
Humanities/ILC (3)  
Elective (3)  
WEL 2001 Activity (1)

#### Maymester/Summer

None

### YEAR TWO

#### Semester 3

MTH 1010 Quant Lit and Reason (3)  
NTR 2230 Princ of Nutrition (3)  
EXS 2000 Kinesiology (3)  
SOC 1010 Social Science (3)  
Elective (3)  
Elective (1)

#### Semester 4

BIO 1050/55 Biological Science (4)  
STR 4110 Optimizing Human Perf (3)  
MTH 1150/51 Elementary Stats (3)  
Humanities (3)  
Elective (3)

#### Maymester/Summer

None

### YEAR THREE

#### Semester 5

EXS 3010 Exercise Physiology (3)  
BIO 2230 Anat & Phys I (4)  
EXS 3120 Lab Methods EXS (3)  
Minor (3)  
Minor (3)

#### Semester 6

EXS 4210 Exercise Prescription (3)  
EXS elective (3 or 4)  
REL 3015 3<sup>rd</sup> Year Religion/JCS (3)  
ENG 3010 3<sup>rd</sup> Year Writing (3)  
Minor (3)  
Elective (1) – if EXS elective is 3 hr

#### Maymester/Summer

None

### YEAR FOUR

#### Semester 7

EXS 4015 Capstone in Ex Sci (3)  
Science (3)  
Minor (3)  
Minor (3)  
Elective (3)  
Elective (1)

#### Semester 8

EXS 4500 Internship in Ex Sci (3)  
Minor (3)  
Social Science (3)  
Elective (3)  
Elective (3)  
Elective (1)

#### Maymester/Summer

None

Total: 128 credits