

2019-2020

B.S. EXERCISE SCIENCE
Health & Wellness



GRACE CORE (39 credits; 2 APLs)

The Grace Core is designed around four essential relationships. Though all courses engage most relationships, courses are organized according to the relationship that is their primary focus.

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|-----------------------------|------------------------------------|---|--|---|---|
| Relationship to God | | | Relationship to Others | | |
| BIB 1050 | Exploring the Bible | 3 | COM 1100 | Public Speaking | 3 |
| @ BIB 2010 | Scripture and Interpretation | 3 | ENG 1100 | Effective Writing | 3 |
| @ BIB 3300 | Essential Doctrinal Themes | 3 | PSY 1200 | Essentials in Behavioral Science | 3 |
| Relationship to Self | | | Relationship to the World and Environment | | |
| FYE 1000 | First-Year Foundations | 3 | HIS 1380 | Contemporary American and the World | 3 |
| ECN 3000 | Consumer Economics | 3 | HUM 2000 | Global Perspectives | 3 |
| @ PHI 3010 | Christianity and Critical Thinking | 3 | HUM 2010-30 | Cross-cultural Field Experience (2 APL) | 0 |
| | | | HUM 2100 | Creative Arts & Culture | 3 |
| | | | SCI 2030 | Faith, Science, and Reason | 3 |

ADDITIONAL GENERAL EDUCATION--B.S. DEGREE (6 credits)

Satisfies B.S. Degree

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|-----------|--|---|
| MAT 1000+ | Any Math (1000 Level and Above) | 3 |
| | Any Social Science with the following course prefix: SCI, ENV, CHM, BIO, PSY, SOC, or BHS | 3 |

THE MAJOR (71 credits; 11 APLs)

EXERCISE SCIENCE COURSE REQUIREMENTS

| | | |
|------------|----------------------------------|---|
| EXS 1000 | Introduction to Exercise Science | 3 |
| EXS 1050 | Dynamics of Fitness | 3 |
| EXS 2000 | Kinesiology | 3 |
| @ EXS 2250 | Care and Prevention of Injuries | 3 |
| @ EXS 3000 | Strength and Conditioning | 3 |
| @ EXS 3600 | Fitness Assessment | 3 |
| @ EXS 3750 | Exercise Cardiology | 3 |
| @ EXS 4180 | Exercise Physiology | 3 |
| @ EXS 4240 | Biomechanics | 3 |

SCIENCE COURSE REQUIREMENTS

| | | |
|-----------------|--|---|
| BIO 1610/1620 | General Biology 1 + Lab (1APL) | 4 |
| @ BIO 1710/1720 | General Biology 2 + Lab (1APL) | 4 |
| @ BIO 2210 | Nutrition | 3 |
| @ BIO 2010/2020 | Anatomy and Physiology 1 + Lab (1 APL) | 4 |
| @ BIO 2040/2050 | Anatomy and Physiology 2 + Lab (1 APL) | 4 |

APPLIED LEARNING

| | | |
|------------|--|---|
| EXS 2150 | Practicum in Exercise Science (2 APL) | 2 |
| @ EXS 4930 | Internship in Exercise Science (3 APL) | 3 |
| EXS 4840 | Research in Exercise Science (2 APL) | 2 |

BEHAVIORAL SCIENCE COURSES (9 Credits)

| | | |
|--|-------------------------|---|
| Any Social Science with the following course prefix: PSY, SOC, or BHS | | |
| Suggested courses: | | |
| PSY 3300 | Sports Psychology | 3 |
| PSY 3550 | Health Psychology | 3 |
| PSY 3600 | Motivation and Emotion | 3 |
| BHS 4000 | Brain and Behavior | 3 |
| SOC 3230 | Substance Use and Abuse | 3 |

BUSINESS COURSES (9 Credits)

| | | |
|--|---------------------------------|---|
| Any Business with the following course prefix: BUS, SMT, MKT, ACC, or FIN | | |
| Suggested courses: | | |
| SMT 2050 | Risk Management | 3 |
| EXS 2130 | Principles of Coaching | 3 |
| MGT 2430 | Principles of Management | 3 |
| BUS 3260 | Small Business Entrepreneurship | 3 |
| MKT 4030 | Services Marketing | 3 |

GRADUATION REQUIREMENTS

To receive a degree, each student must satisfy checklist requirements, earn 120 credit hours, fulfill 12 credits of Applied Learning, have a 2.2 GPA in major courses, and a GPA of 2.0 overall. It is the student's responsibility to work with his/her advisor and monitor progress toward these goals. Some majors and/or minors may have more stringent guidelines.

It is strongly encouraged that a minimum of 6 Applied Learning credits be earned in experiential education taking place outside the traditional classroom setting.

IS A MINOR REQUIRED WITH THIS MAJOR? NO

Notes about this major:

CHECKSHEET TOTAL CREDITS: 116
CHECKSHEET TOTAL APL: 13
TOTAL CREDITS NEEDED TO GRADUATE: 120 (12 APLs)

† Indicates a course taught by a partner college/university.

@ Indicates a course with prerequisites. Please review catalog for prerequisites.