## **EXERCISE SCIENCE**

Minor:

Outer Core Sequence (9 Hours)



## **Approved Degree Requirements Checklist**

INNER CORE REQUIREMENTS INNER CORE CORE CORE CORE CORE CORE CORE CO		CREDIT	CREDIT
EXERCISE SCIENCE   47	SECOND CENTURY CORE CURRICULUM REQUIREMENTS		MAIOR REQUIREMENTS
PREST YEAR SEMINAR (For First Year Students only)  FYE 150, First Year Exploration  COMMUNICATION  3	INNER CORE REQUIREMENTS		
EX 310, Frist Year Exploration	FIRST YEAR SEMINAR (For First-Year Students only)	1	
EXS 220, Foundations of Sports Nutrition   EXS 250, Kinesiology   EXS 250, Risenbanits   EXS 250, Risenbanits   EXS 250, Risenbanits   EXS 250, Risenbanits   EXS 250, Foundations of Sports Nutrition   EXS 250, Foundations of Sports Nutrition   EXS 250, Risenbanits   EXS 250, Foundations of Sports Nutrition   EXS 250, Risenbanits   EXS 250, Foundations of Sports Nutrition   EXS 250, Foundation		_	·
COMMUNICATION 3   EXS 224, Sports, Nutrition   EXS 224, Sports, Nutrition   EXS 224, Sports, Nutrition   EXS 230, Rinesislogy   EXS 320, Blomechanics   EXS 320, Blomechanics   EXS 320, Blomechanics   EXS 330, Sports Pharmacology   EXS 350, Free/Iniques in Strength and Conditioning   EXS 350, Free/Iniques in Strength and Conditioning   EXS 350, Free/Iniques in Strength and Care of Injunes   EXS 350, Free/Iniques in Strength and Conditioning   EXS 450, Exercise Physiology   EXS 450, Exercise Experiments   EXS 450, Exerc	FYE 150, First Year Exploration		, ,
ENGLISH 150  ENGLISH 150  ENG 150, Literature, Writing and Research  ENG 333, Sports Pharmacology  EXS 360, Prevention and Care of Injuries  EXS 360, Prevention and Care of Injuries  EXS 400, Special Topics in Exercise Science  EXS 400, Exercise Priscription  ANATHALIS ACTION AND ARCHARD AND ARCH	COMMUNICATION	3	·
ENGLISH 150  BNG 150, Literature, Writing and Research ENGLISH 200+  ENGLISH 200+  BNG 150, Literature, Writing and Research ENGLISH 200+  ENGLISH 200+  BNG 150, Literature, Writing and Research EX3 300, Prevention and Care of Injuries EX3 400, Special Topics in Exercise Science Requirements  Discount Example Intervention EX3 400, Special Topics in Exercise Science Requirements EX4 400, Special Topics in Exercise Science Requirements EX5 400, Practicum II  EX5 400, Practi			
ENGLISH 150  ENG 150, Literature, Writing and Research  ENG 150, Literature, Writing and Research  ENG 150, Literature, Writing and Research  ENG 150, Joseph Topics in Exercise Science  EXS 300, Provention and Care of Injuries  EXS 400, Special Topics in Exercise Science  EXS 430, Special Topics in Exercise Science  EXS 430, Special Topics in Exercise Science  EXS 430, Exercise Prescription  EXS 430, Practicum II  FOREIGN LANGUAGE (FRE, GER, LAN, LAT, SPA)  GHEMISTRY  3  CHEMISTRY  8  CHEMISTRY	<u> </u>	<u> </u>	
ENG 150, Literature, Writing and Research	ENGLISH 150	3	_ ,
ENGLISH 200+  3   CX 300, Prevention and Care of Injuries   EX 340, Exercise Physiology   EX 340, Practicum II   EX 341, Practicum II   EX 342, Practicum II   EX 343, Practicum II   EX 344, Practicum II   EX 345, Practicum II   EX 345, Practicum II   EX 345, Practicum II   EX 346, Practicum II   EX 347, Practicum II	☐ FNG 150 Literature Writing and Persoarch		EXS 350, Techniques in Strength and Conditioning
EXS 430, Exercise Physiology EXS 430, Exercise Prescription EXS 480, Exercise Prescription EXS 480, Practicum   EXS 490, Practicum   EXS 491, Practicum   EX	Live 130, Literature, writing and Research		☐ EXS 360, Prevention and Care of Injuries
EXS 460, Exercise Prescription   EXS 460, Research Methods   EXS 490, Practicum   EXS 491,	ENGLISH 200+	3	☐ EXS 400, Special Topics in Exercise Science
EXS. 460, Exercise Prescription   EXS. 460, Exercise Prescription   EXS. 490, Practicum   EXS. 490, Practicum   EXS. 490, Practicum   EXS. 490, Practicum   EXS. 491, Practicu	П		☐ EXS 430, Exercise Physiology
EXS 490, Practicum     EXS 491, Practicum     CHE 113/111, General Chemistry   with Lab   CHE 113/1131, General Chemistry   with Lab   CHE 113/1131, General Chemistry   with Lab   BIO 211/2111, Anatomy and Physiology   with Lab   MATH		<u> </u>	,
EXS 491, Practicum	FINE ARTS (ART, ENG CW, MUS, THR)	3	·
CHEMISTRY   S	П		•
CHEMISTRY  CHE 111/3111, General Chemistry I with Lab  HISTORY  MATHEMATICS (MAT 121+)  Included in major requirements  MICURE (MAT 121+)  Included in major requirements  MATHAL SCIENCE LECTURE (NSB, NSC, NSP, EXS150, BIO, CHE, PHY)  Included in major requirements  MATHAL SCIENCE LAB (NSB, NSC, NSP, EXS150, BIO, CHE, PHY)  Included in major requirements  Included in major requirements  MATHAL SCIENCE LAB (NSB, NSC, NSP, EXS150, BIO, CHE, PHY)  Included in major requirements  MATHAL SCIENCE (ECO, LAW, POS, PSY, SOC)  Included in major requirements  EXPERIENTIAL LEARNING  EXS 490, Practicum I  SOCIAL SCIENCE (ECO, LAW, POS, PSY, SOC)  Included in major requirements  THEOLOGY  Included in major requirements  THEOLOGY  Included in major requirements  Total hours of Exercise Science Requirements  Total hours required for any bachelor's degree  120+  Included in major requirements  Updated Fall 2024		<u> </u>	EXS 491, Practicum II
HISTORY    CHE 111/111L, General Chemistry I with Lab   CHE 113/113L, General Chemistry II with Lab   CHE 113/113L, General Chemistry II with Lab   BIO 211/211L, Anatomy and Physiology I with Lab   BIO 211/211L, Anatomy and Physiology I with Lab   BIO 211/211L, Anatomy and Physiology II with Lab   BIO 212/212L, Anatomy and Physiology II with Lab   MATH	FOREIGN LANGUAGE (FRE, GER, LAN, LAT, SPA)	3	CHEMISTRY
CHE 113/113L, General Chemistry II with Lab	П		
HISTORY    BIOLOGY   Biol 211/211L, Anatomy and Physiology I with Lab   Biol 211/211L, Anatomy and Physiology I with Lab   Biol 212/212L, Anatomy and Physiology II with Lab   Biol 212/212L, Alexandry and Physiology II with Lab   Biol 212/212L, Elements of Physics I with Lab   Biol 212/212L, Elements of Physics I with La		<u> </u>	· · · · · · · · · · · · · · · · · · ·
MATHEMATICS (MAT 121+)  MATHEMATICS (MAT 121+)  Included in major requirements  MATH  MAT 205, Introductory Statistics  MATH  MAT 205, Introductory Statistics  MATH  MAT 205, Introductory Statistics  PHYSICS  PHY 121/1211, Elements of Physics I with Lab  SUPPORTING COURSES  Included in major requirements  PHY 121/1211, Elements of Physics I with Lab  SUPPORTING COURSES  Included in major requirements  PSY 105, Intro to Psychology PHI 214 OR PHI 216  EXPERIENTIAL LEARNING  EXS 490, Practicum I  SOCIAL SCIENCE (ECO, LAW, POS, PSY, SOC)  Included in major requirements  THEOLOGY  Included in major requirements  Total hours of Exercise Science Requirements  Total hours required for any bachelor's degree  Included in major requirements  Updated Fall 2024	HISTORY	3	
MATHEMATICS (MAT 121+)    BIO 211/211, Anatomy and Physiology II with Lab			BIOLOGY 8
Included in major requirements			☐ BIO 211/211L, Anatomy and Physiology I with Lab
NATURAL SCIENCE LECTURE (NSB, NSC, NSP, EXS150, BIO, CHE, PHY)    Included in major requirements	MATHEMATICS (MAT 121+)	0	☐ BIO 212/212L, Anatomy and Physiology II with Lab
NATURAL SCIENCE LECTURE (NSB, NSC, NSP, EXS150, BIO, CHE, PHY)  Included in major requirements  NATURAL SCIENCE LAB (NSB, NSC, NSP, EXS150, BIO, CHE, PHY)  Included in major requirements  In		_	MATH 3
NATURAL SCIENCE LAB (NSB, NSC, NSP, EXS150, BIO, CHE, PHY)    Included in major requirements   PSY 105, Intro to Psychology   PHI 214 OR PHI 216	NATURAL SCIENCE LECTURE (NSB, NSC, NSP, EXS150, BIO, CHE, PHY)	0	
NATURAL SCIENCE LAB (NSB, NSC, NSP, EXS150, BIO, CHE, PHY)    Included in major requirements   PSY 105, Intro to Psychology   PHI 214 OR PHI 216			DHACICS
Included in major requirements		_	
PHILOSOPHY Included in major requirements    PSY 105, Intro to Psychology   PHI 214 OR PHI 216		U	
PHILOSOPHY  Included in major requirements    EXPERIENTIAL LEARNING	☐ Included in major requirements	<u>—</u>	
Included in major requirements   EXPERIENTIAL LEARNING	PHILOSOPHY	1-3	
SOCIAL SCIENCE (ECO, LAW, POS, PSY, SOC)  ☐ Included in major requirements  THEOLOGY  ☐ Total hours of Exercise Science Requirements  Total hours required for any bachelor's degree  Included in major requirements  26-28  Updated Fall 2024			☐ PHI 214 OK PHI 210
SOCIAL SCIENCE (ECO, LAW, POS, PSY, SOC)  ☐ Included in major requirements  THEOLOGY  ☐ Total hours of Exercise Science Requirements  Total hours required for any bachelor's degree  Included in major requirements  26-28  Updated Fall 2024	Included in major requirements	<u> </u>	EXPERIENTIAL LEARNING 0
SOCIAL SCIENCE (ECO, LAW, POS, PSY, SOC)  Included in major requirements  THEOLOGY  Total hours of Exercise Science Requirements  Total hours required for any bachelor's degree  Included in major requirements  26-28  Updated Fall 2024			
THEOLOGY 6 Total hours of Exercise Science Requirements 76  Total hours required for any bachelor's degree 120+  Included in major requirements  Total hours required for any bachelor's degree 120+	SOCIAL SCIENCE (ECO, LAW, POS, PSY, SOC)	 0	
THEOLOGY 6 Total hours of Exercise Science Requirements 76  Total hours required for any bachelor's degree 120+  Included in major requirements  Total hours required for any bachelor's degree 120+			
Total hours required for any bachelor's degree 120+  Included in major requirements  Total hours required for any bachelor's degree Updated Fall 2024		_	Total hours of Eversica Science Paguiroments
Included in major requirements  26-28  Updated Fall 2024	THEOLOGY	ь	Total hours of exercise science requirements
Included in major requirements  26-28  Updated Fall 2024			Total hours required for any bachelor's degree 120+
Included in major requirements			
Included in major requirements		26-28	H-d-s-d F-II 2024
OUTER CORE REQUIREMENTS (Select one.)	Included in major requirements	<b>-</b>	opuateu raii 2024
	OUTER CORE REQUIREMENTS (Select one.)		
☐ Second Major:	☐ Second Maior:		