BACHELOR OF SCIENCE EXERCISE AND HEALTH STRATEGIES



Approved Degree Requirements Checklist

INNER CORE REQUIREMENTS FIRST YEAR SEMIINAR (For First-Year Students only) 1 FYE 150, First Year Exploration 3 COMMUNICATION 3 ENGLISH 150 3 ENGLISH 200+ 3 FINE ARTS (ART, ENG CW, MUS, THR) 3 FOREIGN LANGUAGE (FRE, GER, LAN, LAT, SPA) 3 MATHEMATICS (MAT 121+) 3 MATHEMATICS (MAT 121+) 3 Included in major requirements 0 NATURAL SCIENCE LECTURE (NSB, NSC, NSP, EXS150, BIO, CHE, PHY) 0 Included in major requirements 1.3 MATHEOLOGY 6 Included in major requirements 6 THEOLOGY 6	SECOND CENTURY CORE CURRICULUM REQUIREMENTS	CREDIT HOURS	
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Total hours of care requirements	THEOLOGY	6	
Total hours of core requirements			
Total hours of core requirements 33-35			
Total hours of core requirements 33-35			
	Total hours of core requirements	33-35	
OUTER CORE REQUIREMENTS (Select one.)	OUTER CORE REQUIREMENTS (Select one)		
Second Major:			
□ Minor:			
Outer Core Sequence (9 Hours)			

	MAJOR REQUIREMENTS	CREDIT HOURS
	MAJOR	
	EXERCISE SCIENCE	38
	EXS 105, Foundations of Exercise Science	
	EXS 150, Health and Wellness	
	EXS 220, Introduction to Sports Nutrition	
	EXS 224, Applied Sports Nutrition	
	EXS 250, Kinesiology	
	EXS 260, Motor Learning and Behavior	
	EXS 310, Principles of Biomechanics	
	EXS 350, Techniques in Strength and Conditioning	
	EXS 380, Exercise Adaptations for Fitness	
	Professionals	
	EXS 400, Special Topics in Exercise Science	
	EXS 460, Exercise Prescription	
	EXS 490, Practicum I	
	EXS 491, Practicum II	
	CHEMISTRY	8
	CHE 103/103L, Basic Chemistry I with Lab	
	CHE 104/104L, Basic Chemistry II with Lab	
	SUPPORTING COURSES	13
	MAT 205, Introductory Statistics	
	NSB 209/209L, Biology of the Human with Lab	
	PHI 214, Sports and Ethics	
	PSY 105, Introduction to Psychology	
	CONCENTRATIONS	9
	Business	
	BUA 105, 207, or 291; BUA 301	
	1)2)3)	
	Personal Health PSY 205, 209, or 214; PSY 311	
	1)2)3)	
	Community Health	
	SOC 215, 216, or 217, SOC 304; POS 206 or 215,	
	SOC 370; PBH 220; or NSB 255	
	1)2)3)	
	Information Systems	
	CIS 111 or 113, 240; MIS 320, 405, or 450	
	1)2)3)	
	Sports Administration	
	EXS 205, 301, and 305	
	1)2)3)	
	Orthopedic Technology	
	EXS 210, 215, and 315	
	1)2)3)	
	EXPERIENTIAL LEARNING	0
\boxtimes	EXS 490, Practicum I	
	-	
\boxtimes	EXS 491, Practicum II	

Total hours of Exercise and Health Strategies Requirements

Total hours required for any bachelor's degree

6**8**

120+

Updated Fall 2024