

Exercise Science Major

Bachelor of Science

2024-2025 Degree Plan

Core Curriculum 50 Credits

BIB 434	Romans	3
BIB/THE	Bible Theology Elective (300-400 level)	3
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
SCI 243	General Biology I	4
SCI 244	General Biology II	4
THE 231	Christian Doctrine	3
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

MAT 131	College Algebra	3
MAT 226	Applied Statistics	3
SCI 219	Medical Terminology	3
SCI 230	Introduction to Exercise Science	3
SCI 245	General Chemistry I	4
SCI 247	Physics I	4
SCI 261	Human Anatomy and Physiology I	4
SCI 262	Human Anatomy and Physiology II	4
SCI 324	Health and Wellness Across the Lifespan	3
SCI 326	Biomechanics	3
SCI 360	Applied Nutrition	3
SCI 379	Exercise Physiology	3
SCI 424	Exercise Testing & Interpretation	3
SCI 441	Senior Science Seminar	3
SCI 451	Training Theory and Analytics	3
SCI 452	Exercise Prescription for Clinical Populations	3
SCI 445	Exercise Science Practicum I	3
SCI 458	Scientific Research and Analysis	3

All major core 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)	Freshman	Spring (16 credits)	
CHM 122	The Great Commandment	3	HIS 135X	Old Testament History or	
ENG 131	English Composition	3	HIS 136X	New Testament History	3
MAT 131	College Algebra	3	ENG 132	Writing and Literature	3
SCI 230	Introduction to Exercise Science	3	HIS 133	World Civilization to 1500 or	
SCI 243	General Biology I	4	HIS 134	World Civilization since 1500 or	
			HIS 231	American Civilization to 1877 or	
			HIS 232	American Civilization since 1877	3
			SCI 244	General Biology II	4
			PSY 130	General Psychology or	
			SOC 230	Sociology	3

Sophomore		Fall (17 credits)	Sophomore	Spring (16 credits)	
HIS 135X	Old Testament History or		CHM 328	The Great Commission	3
HIS 136X	New Testament History	3	FAR/MUS	Fine Arts Elective or	
COM 140	Perspectives in Communication or		HON 225	Beauty: Art and Culture	3
COM 252	Interpersonal Communication	3	MAT 226	Applied Statistics	3
SCI 245	General Chemistry I	4	SCI 262	Human Anatomy and Physiology II	4
SCI 261	Human Anatomy & Physiology I	4	SCI 379	Exercise Physiology (even) or	
SCI 219	Medical Terminology (even) or		SCI 324	Health and Wellness Across the	
Elective	General Elective (odd)	3		Lifespan (odd)	3

Junior		Fall (15-16 credits)	Junior	Spring (15 credits)	
SCI 326	Biomechanics	3	CHM 301	Spiritual and Leadership	
Elective	General Elective	3		Development	3
SCI 219	Medical Terminology (even) or		SCI 360	Applied Nutrition	3
Elective	General Elective (odd)	3	SCI 379	Exercise Physiology (even) or	
SCI 424	Exercise Testing &		SCI 324	Health and Wellness Across the	
	Interpretation (even) or			Lifespan (odd)	3
SCI 247	Physics I (odd)	3-4	Electives	General Electives (even) or	
THE 231	Christian Doctrine	3	SCI 451	Training Theory and Analytics (odd)	
				and	
			SCI 452	Exercise Prescription for Clinical	
				Populations (odd)	6

Senior		Fall (15-16 credits)	Senior	Spring (14 credits)	
BIB/THE	Bible Theology Elective		BIB 434	Romans	3
	(300-400 level)	3	SCI 441	Senior Science Seminar	3
SCI 445	Exercise Science Practicum I	3	Elective	General Elective	2
SCI 458	Scientific Research and Analysis	3	Electives	General Electives (even) or	
Elective	General Elective	3	SCI 451	Training Theory and Analytics (odd) and	
SCI 424	Exercise Testing &		SCI 452	Exercise Prescription for Clinical	
	Interpretation (even) or			Populations (odd)	6
SCI 247	Physics I (odd)	3-4			