

Note that this is a "Typical Program." Actual programs will vary. See the catalog for official details.

**EXERCISE SCIENCE B.S. DEGREE**  
**Personal & Community Fitness**

**Advisor: Dr. P. Smith**

**Fall 2003**

HS 115: Hist Persp on Cult & Civ I	3
EN 121: English Composition	3
PE 110: Intro. to Physical Wellness	1
PY 111: Introduction to Psychology <sup>1</sup>	3
<u>BI 161: Cell Biology</u>	4

total 14

**Spring 2004**

HS 116: Hist Persp on Cult & Civ II	3
EN 151: Introduction to Literature	3
BR 111: Biblical History & Literature	3
SO 111: Principles of Sociology <sup>1</sup>	3
<u>EX 261: Foundations of Exercise Science</u>	3

total 15

**Fall 2004**

115: Introduction to AR/MU/TH	2
MA 151: Introduction to Probability & Stats <sup>2</sup>	4
SP 211: Public Speaking	3
<u>AC 241: Principles of Accounting</u>	3
<u>BI 231: Human Anatomy &amp; Physiology</u>	4

total 16

**Spring 2005**

Applied Art Experience	2
CH 111: Chemistry & Contemporary Society <sup>3</sup>	4
PE 111: Physical Education Activities	1
<u>BA 252: Business Organization &amp; Management</u>	3
<u>PE 251: First Aid &amp; Emergency Procedures</u>	2
EM285: Understanding the Christian Faith	3

total 15

**Fall 2005**

* <u>EX 226: Athletic Training</u>	2
* <u>EX 265: Exercise Prescription</u> <sup>4</sup>	3
* <u>PE 351: School &amp; Community Health</u>	3
<u>RC 111: Foundations of Recreation Managmt</u>	3
Elective [300+ level]	5

total 16

**Spring 2006**

* <u>BI 271: Nutrition</u>	3
* <u>EX 316: Exercise Leadership</u> <sup>4</sup>	3
<u>EX 395: Practicum in Ex Science</u>	2
* <u>EX 443: Evaluation in PE</u>	2
<u>PY _____: Elective</u>	3
<u>RC 221: Private &amp; Commercial Recreation</u>	3

total 16

**Fall 2006**

CAP 475: Capstone Seminar	2
PL 220: Introduction to Philosophy	3
* <u>EX 311: Kinesiology</u>	3
<u>PY 351: Social Psychology</u> <sup>1</sup>	3
* <u>RC 211: Community Rec &amp; Youth Agencies</u>	3
Elective [300+ level]	2

total 16

**Spring 2007**

BR _____: Bible Elective [300+ level]	3
* <u>EX 321: Physiology of Exercise</u>	3
* <u>EX 329: Laboratory Testing in Ex Science</u>	2
<u>EX 495: Internship in Ex Science</u>	4
Elective [300+ level]	4

total 16

**NOTES:**

1. SO 111 and PY 111 are the classes suggested to fulfill the social science requirement for this major. Sociology is required for the health minor. Psychology is a prerequisite for PY351.
2. MA 151 Probability and Statistics is recommended to fulfill the math requirement.
3. CH 111 is suggested to fulfill the natural science requirement for this major. Chemistry is required for the health minor.
4. EX 265 Exercise Prescription must be completed before EX 316 Exercise Leadership.
5. Majors must be careful in selection of electives so that a sufficient number of upper division courses are taken. A minimum of 36 hours of 300+ courses are required for graduation.

\* Indicates alternating year course; underlining indicates required for major.