

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

**APPLIED EXERCISE SCIENCE
B.S. DEGREE**

Advisor: Dr. Ruiz

Fall 2009			Spring 2010		
<u>EX 111:</u>	<u>Foundations of Exercise Science</u>	3	<u>SO 111:</u>	<u>Principles of Sociology²</u>	3
<u>PH 211:</u>	<u>Principles of Physics I^{4,5}</u>	4	HS 116:	Hist Persp on Cult & Civ II	3
HS 115:	Hist Persp on Cult & Civ I	3	EN 151:	Perspectives on Literature	3
EN 121:	Academic Writing and Research	3	MI 285:	Core Curriculum Christian Faith	3
PE 110:	Introduction to Physical Wellness	1	PL____:	Introduction to Philosophy/Ethics	3
SS 111:	University Life ¹	.5			
115:	Introduction to AR/MU/TH	2			
	total	16.5		total	15
Fall 2010			Spring 2011		
<u>BA 252:</u>	<u>Business Organization & Mgmt⁶</u>	3	<u>BI 242:</u>	<u>Human Anatomy & Physiology II</u>	4
<u>BI 241:</u>	<u>Human Anatomy & Physiology I</u>	4	<u>EX 395:</u>	<u>Practicum in Exercise Science⁹</u>	2
<u>CH 161:</u>	<u>Principles of Chemistry I⁴</u>	4	<u>PH 212:</u>	<u>Principles of Physics II^{5,7}</u>	4
BR 111:	Biblical History & Literature	3	<u>PY 111:</u>	<u>Introduction to Psychology²</u>	3
	Creative Studio Arts	1	CO 215:	Public Speaking	3
	total	15		total	16
Fall 2011			Spring 2012		
* <u>EX 226:</u>	<u>Prev & Care of Athletic Injuries</u>	3	<u>BI 161:</u>	<u>Cell Biology</u>	4
* <u>EX 318:</u>	<u>Exercise Psychology</u>	3	* <u>EX 271:</u>	<u>Nutrition</u>	3
* <u>PE 351:</u>	<u>Community and School Health</u>	3	* <u>EX 443:</u>	<u>Intro to Research in Kinesiology</u>	3
<u>MA 151:</u>	<u>Intro to Probability and Statistics³</u>	4	BR____:	Bible Elective [300+ level]	3
<u>RC 111:</u>	<u>Foundations of Rec Management⁸</u>	3		Elective	3
	total	16		total	16
Fall 2012			Spring 2013		
* <u>EX 311:</u>	<u>Struct Kinesiology & Biomechanics</u>	3	* <u>EX 329:</u>	<u>Applied Exercise Physiology</u>	3
* <u>EX 321:</u>	<u>Exercise Physiology</u>	3	<u>EX 465:</u>	<u>Senior Sem in Exercise Prescription</u>	3
CAP475:	Capstone Seminar	2	<u>EX 495:</u>	<u>Internship in Exercise Science⁹</u>	4
PE 111:	Physical Education Activities	1	* <u>PE 251:</u>	<u>1st Aid & CPR</u>	1
	Electives [300+ level] ¹⁰	4		Elective	4
	total	13		total	15

NOTES:

- SS 111 is required in the fall semester of the freshman year for first-time freshman only.
- SO 111 and PY 111 are necessary and will fulfill the social science requirement for this major.
- MA 151 Probability and Statistics is necessary and will fulfill the math requirement.
- CH 161 and PH 211 are necessary and will fulfill the natural science requirements for this major.
- Students planning to take PH 211-212 must have MA 141 College Algebra and Trigonometry or math placement, or introductory calculus.
- EB 211, BA 381 (with approval), or OA 371 may be taken in place of BA 252.
- CH 162/L, BI 321/L, BI 422/L, PY 230, PY 461, NU 300, or NU 305 may be taken in place of PH 212/L.
- RC 211 or RC 221 may be taken in place of RC 111.
- EX 395 may be taken during J-Term of the sophomore year. EX 495 may be taken during J-Term of the senior year.
- 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 is required for graduation.

*Indicates alternating year course.

Underlining indicates required for major.