

# Huntington University

## 3-Year Guide to Typical Programs, 2023-2026

# Exercise Science & Nutrition (B.S. Degree)

## Advisors: Drs. F. Miller & Watson

3-Year Plans work for students who can earn credit outside the regular semester (dual-credit, early entry, summer courses, CLEP/AP exams).

Summer 2023	Fall 2023	Spring 2024
Dual Credit Transfer/Summer: MA 151: <u>Intro to Prob &amp; Stats</u> <sup>2</sup> 4 EN 121: Academic Writing & Research 3 EX 101: Wellness for Life 2 <b>total 9</b>	BI 241: <u>Human Anat &amp; Phys I</u> 4 EX 111: <u>Found of Exercise Science</u> 3 EX 287: <u>Medical Terminology</u> 2 PY 111: <u>Intro to Psychology</u> <sup>1</sup> 3 HS 115: <u>Hist Persp on Cult &amp; Civ I</u> 3 SS 111: <u>First-Year Seminar</u> 1 <b>total 16</b>	BI 242: <u>Human Anat &amp; Phys II</u> 4 EX 151: <u>Health &amp; Fitness</u> 3 SO 111: <u>Principles of Sociology</u> <sup>1</sup> 3 CO 215: <u>Public Speaking</u> 3 HS 116: <u>Hist Persp on Cult &amp; Civ II</u> 3 <b>total 16</b>
Summer 2024	Fall 2024	Spring 2025
EX 271: <u>Nutrition</u> 3 Electives 5 <b>total 8</b>	EX 321/L: <u>Exercise Physiology &amp; Lab</u> 4 EX 326: <u>Prev &amp; Care of Athletic Inj</u> 3 EX 395: <u>Practicum in Exercise Science</u> 2 PH 111: <u>Physics &amp; the Modern World</u> <sup>3</sup> 4 BT ___: <u>Introductory Bible</u> 3 <b>total 16</b>	* BI 312: <u>Nutritional Assess &amp; Education</u> 3 BT333TB: <u>Theological Bioethics</u> <sup>4</sup> 3 CH 141: <u>Intro to Biol Chemistry</u> <sup>3</sup> 4 EX 311: <u>Struct Kinesiology &amp; Bio</u> 3 EN 151: <u>Perspectives on Literature</u> 3 <b>total 16</b>
Summer 2025	Fall 2025	Spring 2026
EX 318: <u>Sport &amp; Exercise Psychology</u> 3 EX 495: <u>Internship</u> 3 <b>total 6</b>	EX 443: <u>Intro to Resrch in Kinesiology</u> 3 PY 351: <u>Social Psychology</u> 3 <u>Elective in Major</u> <sup>5</sup> 3 <u>Elective in Major</u> <sup>5</sup> 3 MI 285: <u>Understand the Christian Faith</u> 3 <u>Creative Studio Arts</u> 1 <b>total 16</b>	* BI 311: <u>Metabolism of Nutrients</u> 3 EX 431: <u>Princ of Strength &amp; Cond</u> 3 EX 465: <u>Sr Sem in Exercise Prescript</u> 3 <u>Elective in Major</u> <sup>5</sup> 3 PL____: <u>Intro to Philosophy/Ethics</u> 3 115: <u>Intro to AR/DM/MU/TH</u> 2 <b>total 17</b>

### NOTES:

1. SO 111 and PY 111 are necessary and will fulfill the core social science requirement for this major.
2. MA 151 Probability and Statistics is necessary and will fulfill the core math requirement.
3. CH 141 and PH 111 are necessary and will fulfill the core natural science requirements for this major.
4. BT 333TB Theological Bioethics is necessary and will fulfill the core non-introductory Bible requirement.
5. Three courses must be taken from BA 252, 341, BI 232/L, EX 395, 418, 425, 452, 490, 495, PY 230, 321, 351, 461.
6. Students are required to show evidence of CPR certification as a requirement for graduation.
7. Students are required to have 120 hours to graduate, including a minimum of 36 hours of 300+ courses.
8. Students who have taken AP exams, early-entry or dual-credit courses may be able to lighten the number of credits needed during a given semester and may even eliminate the need for summer coursework. The Registrar's Offices' evaluation of prior coursework will help students and their academic advisors plan out degree requirements.

\*Indicates alternating year course.

Underlining indicates required for major.