

Exercise Science

Fall 2016 Degree Sheet

University Proficiencies					
Writing Proficiency					
Writing Proficiency earned by . . . circle one: ACT/SAT (Score:) AP CLEP IB					
If ACT English is ≥ 26 or SAT Writing ≥ 590 , student is proficient. Place in Effective Communication option.*					
If transfer student has a 200-level (or above) composition course , take WPE to fulfill Effective Communication requirements.					
If transfer student has taken only 100-level ENGL composition , take WPE to qualify for 200-level Effective Communications Course.					
If ACT English = 24 – 25, SAT Writing 550 – 580 , take Writing Proficiency Exam in first semester.					
If pass , place in Effective Communication option*; if no pass , place in ENGL 111 the next semester.					
If ACT English 20-23, SAT Writing 470-540 , place in ENGL 111	3	Wellness Proficiency			
If ACT English 16-19, SAT Writing 390-460 , place in ENGL 102	2	Complete in University Seminar.		0	
If ACT English ≤ 15, SAT Writing ≤ 380 , place in ENGL 100	1	Or check the Advising Handbook for instructions.			
Core Curriculum Requirements					
	Cr	<input checked="" type="checkbox"/>		Cr	<input checked="" type="checkbox"/>
DEPT 100 University Seminar	1		EXER 210 Statistics in Kinesiology	3	
BIBL 111 Essential Christianity	3		Historical Inquiry Option*	3	
BIBL 115 Old Testament Literature	3		Artistic Expression Option*	3	
BIBL 116 New Testament Literature	3		Behavioral and Social Sciences Option*	3	
Christian Stewardship: FIN 138 Personal Finance	3		Humanities Option*	3	
Healthy Relationships: PSYC 112 or 138 (preferred)	3		BIBL 360 - 370 Book Study (WPR)*	3	
Reading and Imagination: ENGL 123 or HUMN 230*	3		ICST 350 Global Connections*	3	
Effective Communication: ENGL 341	3		THEO 320 Pentecost	3	
Major Requirements					
	Cr	<input checked="" type="checkbox"/>		Cr	<input checked="" type="checkbox"/>
BIOL 101 General Biology & Lab	4		EXER 496 Professional Seminar	1	
BIOL 123 Nutrition	3		PHED 112 Lifetime Fitness & Dance	3	
BIOL 221 Human Structure and Function	3		PHED 222 Care & Prevent of Ath Injury	3	
EXER 345 Research Methods	3		PHED 226 Tech of Tchng Fit & Wt Train	3	
EXER 356 Ergogenic Aids	3		PHED 310 Coaching Theory I	3	
EXER 366 Theory & Methodology of Training	3		PHED 327 Psychology of Sport	2	
EXER 376 Advanced Concepts in Personal Training	3		PHED 328 Sociology of Sport	2	
EXER 396 Personal Training Practicum	6		PHED 410 Coaching Theory II	3	
EXER 400 Exercise Assessment & Prescription	3		PSYC 237 Lifespan & Development	3	
EXER 422 Physiology of Exercise & Lab	4		SMGT 124 Intro to Sport Management	3	
EXER 441 Kinesiology	3		SMGT 200 Marketing for Sport	3	
EXER 476 Cardiovascular Functions	3		SMGT 222 Sport Facility & Event Manage	3	
			SMGT 324 Organ & Admin of Sport	3	
Minimum total credits to graduate				125	
A Coaching minor is included in this major.					
*Refer to each term's advising handbook for options			WPR = Writing Proficiency Required		

Exercise Science

Suggested Course Sequencing: Recommended 15 - 18 semester hours;
however, attending summer school will reduce semester hours.

First Year

Fall		Cr	Spring		Cr
BIBL 111	Essential Christianity	3	ENGL 341	Technical Writing	3
BIOL 101	General Biology & Lab	4	FIN 138	Christian Stewardship	3
PHED 100	University Seminar	1	BIOL 221	Human Structure & Function	3
PHED 112	Lifetime Fitness & Dance	3	PHED 226	Tech. of Tchng. Fit. & Wt. Trainin	3
ENGL 111	or pre-requisite	3		Historical Inquiry Option	3
Semester Total		14	Semester Total		15

Second Year

Fall		Cr	Spring		Cr
BIBLE 115	Old Testament Literature	3	BIBLE 116	New Testament Literature	3
EXER 210	Statistics in Kinesiology	3	BIOL 123	Nutrition	3
PHED 310	Coaching Theory I	3	PHED 222	Care & Prevent of Ath Injury	3
PHED 328	Sociology of Sport	2	PSYC 237	Lifespan & Development	3
SMGT 124	Intro. To Sport Management	3	SMGT 222	Sport Facility & Event Manage.	3
	Healthy Relationships	3			
Semester Total		17	Semester Total		15

Third Year

Fall		Cr	Spring		Cr
	Artistic Expression Option	3		Humanities Option	3
EXER 396	Personal Training Practicum	6	ICST 350	Global Connections	3
EXER 400	Exercise Assess. & Prescription	3	EXER 376	Advanced Concepts of PT	3
EXER 422	Physiology of Exercise & Lab	4	EXER 441	Kinesiology	3
			PHED 327	Psyc. Of Sport & Phys. Ed.	2
			SGMT 200	Marketing for Sport	3
Semester Total		16	Semester Total		17

Fourth Year

Fall		Cr	Spring		Cr
	Behavioral/Social Sci. Option	3	BIBL 360-70	Book Study (choose one)	3
EXER 345	Research Methods	3	THEO 320	Pentecost	3
EXER 366	Theory and Methodology of Training	3	EXER 496	Professional Seminar	1
EXER 476	Cardiovascular Functions	3	PHED 410	Coaching Theory II	3
	Reading and Imagination	3	EXER 356	Ergogenic Aids	3
			SMGT 324	Organ. & Admin. of Sport	3
Semester Total		15			16

Number of hours for completed major

125