

SCHREINER UNIVERSITY  
 Bachelor of Science  
*Exercise Science Pre-Professional Track*  
**Sample Four Year Plan beginning Fall 2022**

*This curriculum guide intended for use in coordination with corresponding degree plan and course rotation.*

**Total Credits 120**

**Fall Semester 1**

BIOL 2301/2101 Human Anatomy and Physiology	4
EXSI 1301 Introduction to Exercise Science	3
Communications core course	3
Engagement core course	3
IDST 1301 Freshman Studies	3
<i>Credits</i>	<b>16</b>

**Spring Semester 1**

BIOL 2302/2102 Human Anatomy and Physiology II	4
PSYC 1301 Introduction to Psychology	3
Aesthetic Appreciation core course	3
Communications core course	3
Engagement core course	3
<i>Credits</i>	<b>16</b>

**Fall Semester 2**

CHEM 1301/1101 General Chemistry I	4
EXSI 2204 Readings in EXSI and Sport Management	2
EXSI 2305 Scientific Found. of Human Perform.	3
MATH 2422 Calculus I	4
Global Perspective core course	3
<i>Credits</i>	<b>16</b>

**Spring Semester 2**

CHEM 1302/1102 General Chemistry II	4
MATH 2330 Applied Statistics	3
Global Perspective core course	3
Elective course	3
Elective course	3
<i>Credits</i>	<b>16</b>

**Fall Semester 3**

BIOL 2360 Medical Terminology	3
EXSI 3320 Measurement & Eval. in EXSI	3
EXSI 4323 Motor Learning and Development	3
PHYS 2325/2125 University Physics I	4
Elective course	3
<i>Credits</i>	<b>16</b>

**Spring Semester 3**

COMM 3310 Interpersonal Communication	3
EXSI 3307 Exercise Prescript. for Special Populations	3
EXSI 3321 Applied Anatomy and Kinesiology	3
MATH 2423 Calculus I <i>or</i>	4
PHYS 2326/2126 University Physics II	3
Elective course	3
<i>Credits</i>	<b>16</b>

**Fall Semester 4**

EXSI 4322/4122 Exercise Physiology	4
EXSI 4395 Application of Research Methods	3
Elective course	3
Elective course	3
<i>Credits</i>	<b>13</b>

**Spring Semester 4**

EXSI 4325 Nutrition and Exercise Performance	3
EXSI 4326/4126 Exercise Testing & Prescription	4
PSYC 2300 Life-Span Development	3
Elective course	3
<i>Credits</i>	<b>13</b>