

SCHREINER UNIVERSITY

Bachelor of Science

Exercise Science Fitness and Wellness Track

Sample Four Year Plan beginning Fall 2023

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

Total Credits 120

Fall Semester 1

EXSI 1301 Intro to Exercise Science	3
IDST 1301 Freshman Studies	3
LANG 1401 (French or Spanish)	4
MATH 1310 College Algebra <i>or</i>	3
MATH 1311 Math Concepts for Business	3
<i>Credits</i>	13

Spring Semester 1

Aesthetic Appreciation core course	3
Communications core course	3
Engagement core course	3
PSYC 1301 Introduction to Psychology	3
Elective course	3
<i>Credits</i>	15

Fall Semester 2

BIOL 2301/2101 Human Anatomy & Physiology I	4
CHEM 1301/1101 General Chemistry I <i>or</i>	4
CHEM 1303/1103 Introductory Chemistry	4
EXSI 1305 Fitness and Wellness	3
EXSI 2204 Readings: EXSI & Sport Management	2
EXSI 2305 Scientific Found. of Human Performance	3
<i>Credits</i>	16

Spring Semester 2

BIOL 2302/2102 Human Anatomy & Physiology II	4
Communications core course	3
Engagement core course	3
MATH 2330 Applied Statistics	3
Global Perspective core course	3
<i>Credits</i>	16

Fall Semester 3

EXSI 3320 Measurement & Evaluation in EXSI	3
EXSI 4323 Motor Learning and Development	3
Elective course	3
Elective course	3
Elective course	3
<i>Credits</i>	15

Spring Semester 3

COMM 3310 Interpersonal Communication	3
EXSI 3321 Applied Anatomy and Kinesiology	3
EXSI 4326/4126 Exercise Testing & Prescription	4
Elective course	3
Elective course	3
<i>Credits</i>	16

Fall Semester 4

EXSI 3326 Sport and Exercise Psychology	3
EXSI 4322/4122 Exercise Physiology	4
EXSI 4327 Adv. Techniques of Strength & Training	3
Elective course	3
Elective course	2
<i>Credits</i>	15

Spring Semester 4

EXSI 3398 Internship in Exercise Science	3
EXSI 4325 Nutrition and Exercise Performance	3
EXSI 4395 Application of Research Methods	3
Elective course	3
Elective course	2
<i>Credits</i>	14