

SCHREINER UNIVERSITY

Bachelor of Science

Exercise Science Fitness and Wellness Track

Sample Four Year Plan beginning Fall 2024

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

Total Credits 120

Fall Semester 1		Spring Semester 1	
CHEM 1301/1101 General Chemistry I <i>or</i>	4	Aesthetic Appreciation core course	3
CHEM 1303/1103 Introductory Chemistry		Communications core course	4
EXSI 1301 Intro to Exercise Science	3	Engagement core course	3
EXSI 1305 Fitness and Wellness	3	PSYC 1301 Introduction to Psychology	3
IDST 1301 Freshman Studies	3	Elective course	3
MATH 1310 College Algebra or 1311 Finite Math	3		
	<i>Credits</i> 16		<i>Credits</i> 15
Fall Semester 2		Spring Semester 2	
BIOL 2301/2101 Human Anatomy & Physiology I	4	BIOL 2302/2102 Human Anatomy & Physiology II	4
EXSI 2204 Readings in EXSI and Sport Management	2	Communications core course	3
EXSI 2305 Scientific Found. of Human Performance	3	Engagement core course	3
LANG 1401 (French, German or Spanish)	4	Global Perspective core course	3
Elective course	3	MATH 2330 Applied Statistics	3
	<i>Credits</i> 16		<i>Credits</i> 16
Fall Semester 3		Spring Semester 3	
Elective course	3	COMM 3310 Interpersonal Communication	3
Elective course	3	Elective course	3
Elective course	3	Elective course	2
EXSI 3320 Measurement & Evaluation in EXSI	3	EXSI 3321 Applied Anatomy and Kinesiology	3
EXSI 4323 Motor Learning and Development	3	EXSI 4326/4126 Exercise Testing & Prescription	4
	<i>Credits</i> 15		<i>Credits</i> 15
Fall Semester 4		Spring Semester 4	
Elective course	3	Elective course	3
Elective course	3	EXSI 3398 Internship in Exercise Science	3
EXSI 3326 Sport and Exercise Psychology	3	EXSI 4325 Nutrition and Exercise Performance	3
EXSI 4322/4122 Exercise Physiology	3	EXSI 4395 Application of Research Methods	3
EXSI 4327 Adv. Techniques of Strength & Training	3		
	<i>Credits</i> 15		<i>Credits</i> 12