

# SCHREINER UNIVERSITY

## Bachelor of Science

### *Exercise Science Pre-Professional 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**

|  |   |
|--|---|
| CHEM 1301/1101 General Chemistry I         | 4 |
| EXSI 1301 Introduction to Exercise Science | 3 |
| Communications core course                 | 3 |
| Engagement core course                     | 3 |
| IDST 1301 Freshman Studies                 | 3 |

*Credits 16*

#### **Spring Semester 1**

|                                      |   |
|--------------------------------------|---|
| CHEM 1302/1102 General Chemistry II  | 4 |
| PSYC 1301 Introduction to Psychology | 3 |
| Aesthetic Appreciation core course   | 3 |
| Communications core course           | 3 |
| Engagement core course               | 3 |

*Credits 16*

#### **Fall Semester 2**

|   |   |
|---|---|
| BIOL 2301/2101 Human Anatomy & Physiology       | 4 |
| EXSI 2304 Readings in EXSI and Sport Management | 3 |
| EXSI 2305 Scientific Found. of Human Perform.   | 3 |
| MATH 2422 Calculus I                            | 4 |
| Global Perspective core course                  | 3 |

*Credits 17*

#### **Spring Semester 2**

|  |   |
|--|---|
| BIOL 2302/2102 Human Anatomy & Physiology II | 4 |
| MATH 2330 Applied Statistics                 | 3 |
| Global Perspective core course               | 3 |
| Elective course                              | 3 |
| Elective course                              | 3 |

*Credits 16*

#### **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 |

*Credits 16*

#### **Spring Semester 3**

|   |   |
|---|---|
| COMM 3310 Interpersonal Communication                 | 3 |
| EXSI 3307 Exercise Prescript. for Special Populations | 3 |
| EXSI 3321 Applied Anatomy and Kinesiology             | 3 |
| PHYS 2326/2126 University Physics II                  | 4 |
|   | 3 |

*Credits 13*

#### **Fall Semester 4**

|   |   |
|---|---|
| EXSI 4322/4122 Exercise Physiology        | 4 |
| EXSI 4395 Application of Research Methods | 3 |
| Elective course                           | 3 |
| Elective course                           | 3 |

*Credits 13*

#### **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 |

*Credits 13*