

# SCHREINER UNIVERSITY

## Bachelor of Science

### *Exercise Science: Fitness and Wellness Track*

### **Sample Four Year Plan beginning Fall 2025**

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

**Minimum 120 Credit Hours**

#### **Fall Semester 1**

Communications core course	3
EXSI 1301 Intro to Exercise Science	3
IDST 1301 Freshman Studies	3
MATH 1310 College Algebra or	
MATH 1311 Math Concepts for Business	3
PSYC 1301 Introduction to Psychology	3

*Credits* **15**

#### **Spring Semester 1**

Aesthetic Appreciation core course	3
Communications core course	3
Engagement core course	3
CHEM 1301/1101 General Chemistry I <i>or</i>	
CHEM 1303/1103 Introductory Chemistry	4
Elective course	3

*Credits* **16**

#### **Fall Semester 2**

BIOL 2301/2101 Human Anatomy & Physiology I	4
EXSI 1305 Fitness and Wellness	3
EXSI 2304 Readings in EXSI and Sport Management	3
Elective course	3

*Credits* **13**

#### **Spring Semester 2**

BIOL 2302/2102 Human Anatomy & Physiology II	4
EXSI 2305 Scientific Fdns of Human Performance	3
Engagement core course	3
Global Perspective core course	3
MATH 2330 Applied Statistics	3

*Credits* **16**

#### **Fall Semester 3**

Elective course	3
Elective course	3
LANG 1401 (French, German or Spanish)	4
EXSI 3320 Measurement & Evaluation in EXSI	3
EXSI 4323 Motor Learning and Development	3

*Credits* **16**

#### **Spring Semester 3**

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

*Credits* **16**

#### **Fall Semester 4**

Elective course	3
Elective course	3
EXSI 3326 Sport and Exercise Psychology	3
EXSI 4322/4122 Exercise Physiology	4
EXSI 4327 Adv. Techniques of Strength & Cond.	3

*Credits* **16**

#### **Spring Semester 4**

Elective course	3
EXSI 3398 Internship in Exercise Science	3
EXSI 4325 Nutrition and Exercise Performance	3
EXSI 4395 Research Application - R	3

*Credits* **12**