

SCHREINER UNIVERSITY

Bachelor of Science

Exercise Science: Pre-Professional 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

EXSI 1301 Introduction to Exercise Science
Communications core course
Engagement core course
IDST 1301 Freshman Studies
PSYC 1301 Introduction to Psychology

Credits **15**

Spring Semester 1

Aesthetic Appreciation core course
Communications core course
Engagement core course
Global Perspective core course
Elective course

Credits **15**

Fall Semester 2

BIOL 2301/2101 Human Anatomy & Physiology
EXSI 2304 Readings in EXSI and Sport Management
CHEM 1301/1101 General Chemistry I
PSYC 2300 Life-Span Development

Credits **14**

Spring Semester 2

BIOL 2302/2102 Human Anatomy & Physiology II
CHEM 1302/1102 General Chemistry II
EXSI 2305 Scientific Fdns of Human Performance
Global Perspective core course
MATH 2330 Applied Statistics

Credits **17**

Fall Semester 3

BIOL 2360 Medical Terminology
EXSI 3320 Measurement & Eval. in EXSI
EXSI 4323 Motor Learning and Development
PHYS 1301/1101 College Physics I or
PHYS 2325/2125 University Physics I
Elective course

Credits **16**

Spring Semester 3

COMM 3310 Interpersonal Communication
EXSI 3307 Exercise Prescription for Special Pops
EXSI 3321 Applied Anatomy and Kinesiology
PHYS 1302/1102 College Physics II or
PHYS 2326/2126 University Physics II
Elective course

Credits **16**

Fall Semester 4

EXSI 4322/4122 Exercise Physiology
EXSI 4395 Research Application - R
Elective course
Elective course
Elective course

Credits **15**

Spring Semester 4

EXSI 4325 Nutrition and Exercise Performance
EXSI 4326/4126 Exercise Testing & Prescription
Elective course
Elective course
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Credits **13**