

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	3
Communications core course	3
Engagement core course	3
IDST 1301 Freshman Studies	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
Global Perspective core course	3
Elective course	3
Credits	15

Fall Semester 2

BIOL 2301/2101 Human Anatomy & Physiology	4
EXSI 2304 Readings in EXSI and Sport Management	3
CHEM 1301/1101 General Chemistry I	4
PSYC 2300 Life-Span Development	3
Credits	14

Spring Semester 2

BIOL 2302/2102 Human Anatomy & Physiology II	4
CHEM 1302/1102 General Chemistry II	4
EXSI 2305 Scientific Fdns of Human Performance	3
Global Perspective core course	3
MATH 2330 Applied Statistics	3
Credits	17

Fall Semester 3

BIOL 2360 Medical Terminology	3
EXSI 3320 Measurement & Eval. in EXSI	3
EXSI 4323 Motor Learning and Development	3
PHYS 1301/1101 College Physics I <i>or</i> PHYS 2325/2125 University Physics I	4
Elective course	3
Credits	16

Spring Semester 3

COMM 3310 Interpersonal Communication	3
EXSI 3307 Exercise Prescription for Special Pops	3
EXSI 3321 Applied Anatomy and Kinesiology	3
PHYS 1302/1102 College Physics II <i>or</i> PHYS 2326/2126 University Physics II	4
Elective course	3
Credits	16

Fall Semester 4

EXSI 4322/4122 Exercise Physiology	4
EXSI 4395 Research Application - R	3
Elective course	3
Elective course	3
Elective course	3
Credits	15

Spring Semester 4

EXSI 4325 Nutrition and Exercise Performance	3
EXSI 4326/4126 Exercise Testing & Prescription	4
Elective course	3
Elective course	3
Credits	13