

SCHREINER UNIVERSITY

Bachelor of Science

Exercise Science Fitness and Wellness Track

Sample Four Year Plan beginning Fall 2026

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 <i>or</i>	4
CHEM 1303/1103 Introductory Chemistry	
EXSI 1301 Intro to Exercise Science	3
EXSI 1305 Fitness and Wellness	3
IDST 1301 Freshman Studies	3
MATH 1310 College Algebra or 1311 Finite Math	3
<i>Credits</i>	16

Fall Semester 2

BIOL 2301/2101 Human Anatomy & Physiology I	4
EXSI 2304 Readings in EXSI and Sport Management	3
EXSI 2305 Scientific Found. of Human Performance	3
Foreign Language choice (1401)	4
Elective course	3
<i>Credits</i>	14

Fall Semester 3

Global Perspective core course	3
Elective course	3
Elective course	3
EXSI 3320 Measurement & Evaluation in EXSI	3
EXSI 4323 Motor Learning and Development	3
<i>Credits</i>	15

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 & Training	3
<i>Credits</i>	16

Spring Semester 1

Aesthetic Appreciation core course	3
Communications core course	3
Engagement core course	3
PSYC 1301 Introduction to Psychology	3
Elective course	3
<i>Credits</i>	15

Spring Semester 2

BIOL 2302/2102 Human Anatomy & Physiology II	4
Communications core course	3
Engagement core course	3
Global Perspective core course	3
MATH 2330 Applied Statistics	3
<i>Credits</i>	16

Spring Semester 3

COMM 3310 Interpersonal Communication	3
Elective course	3
EXSI 3321 Applied Anatomy and Kinesiology	3
EXSI 4326/4126 Exercise Testing & Prescription	4
<i>Credits</i>	16

Spring Semester 4

Elective course	3
EXSI 3398 Internship in Exercise Science	3
EXSI 4325 Nutrition and Exercise Performance	3
EXSI 4395 Application of Research Methods	3
<i>Credits</i>	12