

Schreiner University

Bachelor of Arts

Exercise Science

SUGGESTED FOUR-YEAR PLAN BEGINNING 2008-2009

This curriculum guide is intended for use in coordination with corresponding degree plan and course rotations

Sample Options

Fall Semester 1

EXSI 1301 – Introduction to Exercise Science
MATH 1310 – College Algebra
ENGL 1301 – Rhetoric and Composition
HIST (3)
IDST 1101 – Freshman Seminar
EXSI 1201 – Individualized Fitness
UNIV 0101 – University Studies

15 Credits

Fall Semester 2

LANG 1401 – (French, German, or Spanish)
BIOL 1403 – Human Anatomy and Physiology I
POLS 2301 – American Government (National and Texas)
IDST 2205 – Critical Thinking
EXSI 2305 – Scientific Foundations of Strength
Training and Conditioning (fall only)

16 Credits

Fall Semester 3

EXSI 3320 – Measurement and Evaluation in Exercise Science
EXSI (3-4 Upper Level)
IDST 3260 – The Aesthetic Experience
Fine Arts/Lit (3)
Social Institutions (3)

14-15 Credits

Fall Semester 4

EXSI 4323 – Motor Learning
EXSI 4422 – Physiology of Exercise
IDST 4240 – Global Issues in a Cultural Context
Elective (6)

15 Credits

Sample Options

Spring Semester 1

CHEM 1403 – Introductory Chemistry
HIST (3)
IS 2301 – Computer Concepts and Applications
COMM 2301 – Communication
ENGL 1302 – Literature and Composition

16 Credits

Spring Semester 2

LANG 1402 – (French, German, or Spanish)
BIOL 1404 – Human Anatomy and Physiology II
PHIL/RELI (3)
Elective (3)

14 Credits

Spring Semester 3

EXSI 3321 – Kinesiology
ENGL 3303 – Technical Communication
or ENGL 3307 – Advanced Composition
EXSI (3 Upper Level Elective)
EXSI 3307 – Program Administration
Elective (3)

15 Credits

Spring Semester 4

EXSI 4325 – Nutrition and Exercise Performance
EXSI 4395 – Research Applications in Exercise Science
Elective (9)

15 Credits

TOTAL Credits - 120