

Schreiner University

Bachelor of Science

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

ENGL 1301 – Rhetoric and Composition
BIOL 1403 – Human Anatomy and Physiology I
LANG 1401 – (French, German, or Spanish)
IDST 1101 – Freshman Seminar
EXSI 1201 – Individualized Fitness
UNIV 0101 – University Studies

14 Credits

Fall Semester 2

MATH 2422 – Calculus I
CHEM 1401 – General Chemistry I
EXSI 2305 – Scientific Foundations of Strength and Conditioning
IDST 2205 – Critical Thinking
IS 2301 – Computer Concepts and Applications

16 Credits

Fall Semester 3

EXSI 3320 – Measurement and Evaluation in Exercise Science
EXSI 4323 – Motor Learning
PHYS 1401 – College Physics I
CHEM 3411 – Organic Chemistry I
IDST 3260 – The Aesthetic Experience

16 Credits

Fall Semester 4

EXSI 4422 – Physiology of Exercise
EXSI 4395 – Research Applications in Exercise Science
or EXSI 4396 – Certification Preparation
IDST 4240 – Global Issues in a Cultural Context
Fine Arts/Lit (3)
Elective (3)

15 Credits

Sample Options

Spring Semester 1

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

17 Credits

Spring Semester 2

MATH 2423 – Calculus II
CHEM 1402 – General Chemistry II
EXSI 2307 – First Aid and CPR
BIOL 2302 – Scientific Problem Solving Utilizing
Spreadsheets

14 Credits

Spring Semester 3

EXSI 3321 – Kinesiology
CHEM 3412 – Organic Chemistry II
or PHYS 1402 – College Physics II
COMM 2301 – Communication
EXSI 3398 – Internship in Exercise Science
POLS 2301 – American Government (National and Texas)

16 Credits

Spring Semester 4

EXSI 4325 – Nutrition and Exercise Performance
EXSI 4395 – Research Applications in Exercise Science
or EXSI 4396 – Certification Preparation
Elective (6)

12 Credits

TOTAL Credits - 120