

Schreiner University
Bachelor of Arts
Exercise Science, Teacher Certification All-Level

SUGGESTED FOUR-YEAR PLAN BEGINNING 2011-2012

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
EXSI 1301 – Introduction to Exercise Science
IDST 1101 – Freshman Studies
LANG 1401 – (French, German, or Spanish)
MATH 1310 – College Algebra
UNIV 0101 – University Studies

14 Credits

Fall Semester 2

BIOL 2401 – Human Anatomy and Physiology I
COMM 2301 – Communication
EDUC 2303 – Foundations of Education
EXSI 1201 – Individualized Fitness
Fine Arts (3)
HIST 1301 or 1302

18 Credits

Fall Semester 3

EXSI 2305 – Scientific Foundations of Strength & Conditioning
EXSI 3320 – Measurement and Evaluation in Exercise Science
EXSI 4323 – Motor Learning
IDST 3260 – The Creative Experience
RDNG 3309 – Content Area Reading

15 Credits

Fall Semester 4

EDUC 4302, 4303, or 4304 – Methods and Management
EDUC 4305, 4306, or 4307 – Curriculum and Assessment
EXSI 3405 – Theory & Methods: Teaching Activities
EXSI 4422 – Physiology of Exercise
IDST 4340 – Problems & Solutions in a Global Society

17 Credits

Sample Options

Spring Semester 1

CHEM 1403 – Introductory Chemistry
ENGL 1302 – Literature and Composition
EXSI 2302 – Scientific Principles of Coaching
HIST 1301, 1302, or 2303
LANG 1402 – (French, German, or Spanish)

17 Credits

Spring Semester 2

BIOL 2402 – Human Anatomy and Physiology II
IDST 2305 – Perspectives in Critical Thinking
PHIL/RELI (3)
POLS 2301 – American Government (National and Texas)
Social Institutions (3)

16 Credits

Spring Semester 3

ENGL 3303 – Technical Communication
or ENGL 3307 – Advanced Composition
EXSI 3307 – Program Administration
EXSI 3321 – Kinesiology
EXSI 4325 – Nutrition and Exercise Performance
SPED 3301 – Foundations in Special Education

15 Credits

Spring Semester 4

EDUC 4310 – Professional Roles and Responsibilities
EDUC 4311, 4312, or 4313 – The Learner
EDUC 4603 – Student Teaching, All-Level
EXSI 4395 – Research Applications in Exercise Science

15 Credits

TOTAL Credits - 127