

Schreiner University

Bachelor of Arts

Exercise Science

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

15 Credits

Fall Semester 2

BIOL 1403 – Human Anatomy and Physiology I
EXSI 2305 – Scientific Foundations of Strength
Training and Conditioning
IDST 2305 – Perspectives in Critical Thinking
LANG 1401 – (French, German, or Spanish)

14 Credits

Fall Semester 3

EXSI (3-4, Upper level)
EXSI 3320 – Measurement and Evaluation in Exercise Science
Fine Arts/Lit. (3)
IDST 3360 – The Creative Experience
Social Institutions (3)

15-16 Credits

Fall Semester 4

Elective (3)
EXSI 4323 – Motor Learning
EXSI 4422 – Physiology of Exercise
IDST 4340 – Problems & Solutions in a Global Society

13 Credits

Sample Options

Spring Semester 1

CHEM 1403 – Introductory Chemistry
COMM 2301 – Communication
Elective (3)
ENGL 1302 – Literature and Composition
HIST (3)

16 Credits

Spring Semester 2

BIOL 1404 – Human Anatomy and Physiology II
Elective (3)
LANG 1402 – (French, German, or Spanish)
PHIL/RELI (3)
POLS 2301 – American Government (National and Texas)

17 Credits

Spring Semester 3

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

15 Credits

Spring Semester 4

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

15 Credits

TOTAL Credits - 120