

# Schreiner University

## Bachelor of Science

### *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**

BIOL 2401 – Human Anatomy and Physiology I  
ENGL 1301 – Rhetoric and Composition  
EXSI 1201 – Individualized Fitness  
IDST 1101 – Freshman Studies  
LANG 1401 – (French, German, or Spanish)  
UNIV 0101 – University Studies

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*14 Credits*

##### **Fall Semester 2**

CHEM 1101, 1301 – General Chemistry I & Lab  
Elective (3)  
EXSI 2305 – Scientific Foundations of Strength and Conditioning  
IDST 2305 – Perspectives in Critical Thinking  
MATH 2422 – Calculus I

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*17 Credits*

##### **Fall Semester 3**

CHEM 2411 – Organic Chemistry I  
EXSI 3320 – Measurement and Evaluation in Exercise Science  
EXSI 4323 – Motor Learning  
IDST 3360 – The Creative Experience  
PHYS (4)

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*17 Credits*

##### **Fall Semester 4**

EXSI 4422 – Physiology of Exercise  
EXSI 4395 – Research Applications in Exercise Science  
or EXSI 4396 – Certification Preparation  
Fine Arts/Lit. (3)  
IDST 4340 – Problems & Solutions in a Global Society

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*13 Credits*

#### Sample Options

##### **Spring Semester 1**

BIOL 2402 – Human Anatomy and Physiology II  
HIST (3)  
LANG 1402 – (French, German, or Spanish)  
PHIL/RELI (3)  
Social Institutions (3)

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*17 Credits*

##### **Spring Semester 2**

BIOL 2302 – Scientific Problem-Solving Utilizing  
Spreadsheets  
CHEM 1102, 1302 – General Chemistry II & Lab  
COMM 2301 – Communication  
MATH 2423 – Calculus II

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*14 Credits*

##### **Spring Semester 3**

CHEM 2412 – Organic Chemistry II  
or PHYS (4)  
EXSI 3307 – Program Administration  
EXSI 3321 – Kinesiology  
EXSI 3398 – Internship in Exercise Science  
POLS 2301 – American Government (National and Texas)

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*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)

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*12 Credits*

**TOTAL Credits - 120**