

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

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

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

15 Credits

Fall Semester 2

MATH 1310 – College Algebra
ENGL 1302 – Literature and Composition
HIST 1301 or 1302
CHEM 1403 – Introductory Chemistry
EPSY 2302 – Foundations of Education in the Classroom

16 Credits

Fall Semester 3

EXSI 3405 – Teaching Activities (even)
EXSI 3320 – Measurement and Evaluation in Exercise Science
Fine Arts (3)
IDST 3260 – The Aesthetic Experience
RDNG 3309 – Content Area Reading
EXSI 2305 – Scientific Foundations of Strength & Conditioning

18 Credits

Fall Semester 4

EXSI 4323 – Motor Learning
EXSI 4422 – Physiology of Exercise
EDUC 4305, 4306, or 4307 – Curriculum and Assessment
EDUC 4302, 4303, or 4304 – Methods and Management
Social Institutions (3)

16 Credits

Sample Options

Spring Semester 1

BIOL 1404 – Human Anatomy and Physiology II
EXSI 2302 – Scientific Principles of Coaching
HIST 1301, 1302, or 2303
EXSI 1201 – Individualized Fitness
LANG 1402 – (French, German, or Spanish)

16 Credits

Spring Semester 2

PHIL/RELI (3)
IDST 2205 – Critical Thinking
IS 2301 – Computer Concepts and Applications
COMM 2301 – Communication
POLS 2301 – American Government (National and Texas)
ENGL 3303 – Technical Communication
or ENGL 3307 – Advanced Composition

17 Credits

Spring Semester 3

EPSY 3330 – Child Growth and Development (EC-8)
EXSI 3321 – Kinesiology
ENGL 2341 – World Literature Since the Renaissance
EXSI 4325 – Nutrition and Exercise Performance
IDST 4240 – Global Issues in a Cultural Context
EXSI 3307 – Program Administration

17 Credits

Spring Semester 4

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

15 Credits

TOTAL Credits - 130