Schreiner University  
Bachelor of Science  
Exercise Science  

**SUGGESTED FOUR-YEAR PLAN BEGINNING 2013-2014**  
This curriculum guide is intended for use in coordination with corresponding degree plan and course rotations  

<table>
<thead>
<tr>
<th>Sample Options</th>
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<tbody>
<tr>
<td><strong>Fall Semester 1</strong></td>
<td><strong>Spring Semester 1</strong></td>
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| BIOL 2401 – Human Anatomy and Physiology I  
ENGL 1301 – Rhetoric and Composition  
EXSI 1201 – Individualized Fitness  
IDST 1101 – Freshman Studies  
LANG 1401 | BIOL 2402 – Human Anatomy and Physiology II  
HIST (3)  
LANG 1402  
PHIL/RELI (3)  
Social Institutions (3) |
| | --------------|
| | 17 Credits |
| | **Fall Semester 2** | **Spring 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 | CHEM 1102, 1302 – General Chemistry II & Lab  
COMM 2301 – Communication  
MATH 2423 – Calculus II  
MATH 3330 – Applied Statistics |
| | | --------------|
| | 17 Credits |
| | **Fall Semester 3** | **Spring 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) | 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 & Texas) |
| | | --------------|
| | 17 Credits |
| | **Fall Semester 4** | **Spring Semester 4** |
| EXSI 4395 – Research Applications in Exercise Science  
EXSI 4422 – Physiology of Exercise  
Fine Arts/Lit. (3)  
IDST 4340 – Problems & Solutions in a Global Society | EXSI 4325 – Nutrition and Exercise Performance  
EXSI 4326 – Exercise Testing & Prescription  
Elective (6) |
| | | --------------|
| | 12 Credits |
| | TOTAL Credits - 120 |