

Schreiner University
Bachelor of Science
Exercise Science – Pre-Professional Track

SUGGESTED FOUR-YEAR PLAN BEGINNING 2016-2017

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
Communication (3)
Global Perspectives (3)
IDST 1301 – Freshman Studies
MATH 1310 – College Algebra

16 Credits

Fall Semester 2

CHEM 1301/1101 – General Chemistry I
EXSI 2204 – Exercise Science and Sport
EXSI 2305 – Scientific Foundations of Strength & Cond.
Global Perspectives (3)
MATH 2422 – Calculus I

16 Credits

Fall Semester 3

BIOL 3360 – Medical Terminology
EXSI 3320 – Measurement and Evaluation in EXSI
EXSI 3324 – Biomechanics
EXSI 4323 – Motor Learning
PHYS 2425 – University Physics I

16 Credits

Fall Semester 4

Elective (3)
Elective (3)
EXSI 4395 – Research Applications in EXSI
EXSI 4422 – Physiology of Exercise

13 Credits

Sample Options

Spring Semester 1

Aesthetic Appreciation (3)
BIOL 2402 – Human Anatomy and Physiology II
Engagement (3)
MATH 1321 – Precalculus
PSYC 1301 – Introduction to Psychology

16 Credits

Spring Semester 2

CHEM 1302/1102 – General Chemistry II
Elective (3)
Engagement (3)
MATH 2423 – Calculus II

14 Credits

Spring Semester 3

Communication (3)
EXSI 3307 – Exercise Prescription for Sp. Pop.
EXSI 3321 – Applied Anatomy and Kinesiology
Elective (3)
MATH 2330 – Applied Statistics

15 Credits

Spring Semester 4

Elective (1)
Elective (3)
Elective (3)
EXSI 4426 – Exercise Testing and Prescription
PSYC 2300 – Life-Span Development

14 Credits

TOTAL Credits - 120