

Schreiner University
Bachelor of Science
Exercise Science – Fitness and Wellness 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
EXSI 1305 – Fitness and Wellness
IDST 1301 – Freshman Studies
LANG 1401 – (French, German, or Spanish)

14 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 1310 – College Algebra

15 Credits

Fall Semester 3

EXSI 3320 – Measurement and Evaluation in EXSI
EXSI 3324 – Biomechanics
EXSI 4323 – Motor Learning
EXSI 4327 – Advanced Tech. of Strength and Conditioning
EXSI 4426 – Exercise Testing and Prescription

16 Credits

Fall Semester 4

Elective (3)
Elective (3)
Elective (3)
EXSI 3326 – Sport and Exercise Psychology
EXSI 4422 – Physiology of Exercise

16 Credits

Sample Options

Spring Semester 1

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

16 Credits

Spring Semester 2

CHEM 1302/1102 – General Chemistry II
Engagement (3)
MATH 1311 – Finite Mathematics
MATH 2330 – Applied Statistics

13 Credits

Spring Semester 3

Communication (3)
Elective (9)
EXSI 3321 – Applied Anatomy and Kinesiology

15 Credits

Spring Semester 4

Elective (3)
Elective (3)
Elective (3)
Elective (3)
EXSI 4325 – Nutrition and Exercise Performance

15 Credits

TOTAL Credits - 120