

**Schreiner University**  
Bachelor of Science  
*Exercise Science – Fitness and Wellness Track*

**SUGGESTED FOUR-YEAR PLAN BEGINNING 2017-2018**

This curriculum guide is intended for use in coordination with corresponding degree plan and course rotations

Sample Options

**Fall Semester 1**

BIOL 2301/2101 – Human Anatomy and Physiology I  
EXSI 1305 – Fitness and Wellness  
IDST 1301 – Freshman Studies  
LANG 1401 – (French, German, or Spanish)

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*14 Credits*

**Fall Semester 2**

CHEM 1301/1101 or 1403  
EXSI 2204 – Exercise Science and Sport  
EXSI 2305 – Scientific Foundations of Strength & Cond.  
Global Perspectives (3)  
MATH 1310 or 1311

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*15 Credits*

**Fall Semester 3**

Elective (3)  
Elective (3)  
EXSI 3320 – Measurement and Evaluation in EXSI  
EXSI 3324 – Biomechanics  
EXSI 4323 – Motor Learning

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*15 Credits*

**Fall Semester 4**

Elective (3)  
Elective (3)  
EXSI 3326 – Sport and Exercise Psychology  
EXSI 4327 – Advanced Tech. of Strength and Cond.  
EXSI 4422 – Physiology of Exercise

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*16 Credits*

Sample Options

**Spring Semester 1**

Aesthetic Appreciation (3)  
BIOL 2302/2102 – Human Anatomy and Physiology II  
Communication (3)  
Engagement (3)  
PSYC 1301 – Introduction to Psychology

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*16 Credits*

**Spring Semester 2**

Communication (3)  
Elective (4)  
Engagement (3)  
MATH 2330 – Applied Statistics

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*13 Credits*

**Spring Semester 3**

COMM 3310 – Interpersonal Communication  
Elective (3)  
Elective (3)  
EXSI 3321 – Applied Anatomy and Kinesiology  
EXSI 4426 – Exercise Testing and Prescription

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*16 Credits*

**Spring Semester 4**

Elective (3)  
Elective (3)  
Elective (3)  
EXSI 4325 – Nutrition and Exercise Performance  
EXSI 4395 – Research Applications in EXSI

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*15 Credits*

**TOTAL Credits - 120**