

**Schreiner University**  
Bachelor of Science  
*Exercise Science – Pre-Professional 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  
Communication (3)  
Elective (3)\*  
Global Perspectives (3)  
IDST 1301 – Freshman Studies

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*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

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*16 Credits*

**Fall Semester 3**

BIOL 3360 – Medical Terminology  
EXSI 3320 – Measurement and Evaluation in EXSI  
EXSI 3324 – Biomechanics  
EXSI 4323 – Motor Learning  
PHYS 2325/2125 – University Physics I

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*16 Credits*

**Fall Semester 4**

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

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*12 Credits*

Sample Options

**Spring Semester 1**

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

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*16 Credits*

**Spring Semester 2**

CHEM 1302/1102 – General Chemistry II  
Communication (3)  
Elective (3)  
Engagement (3)  
MATH 2330 – Applied Statistics

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*16 Credits*

**Spring Semester 3**

COMM 3310 – Interpersonal Communication  
Elective (3)  
EXSI 3307 – Exercise Prescription for Sp. Pop.  
EXSI 3321 – Applied Anatomy and Kinesiology  
MATH 2423 or PHYS 2326/2126

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*16 Credits*

**Spring Semester 4**

Elective (2)  
Elective (3)  
EXSI 4426 – Exercise Testing and Prescription  
PSYC 2300 – Life-Span Development

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*12 Credits*

**TOTAL Credits – 120**

\* A student needing to complete the prerequisites for calculus (MATH 1310: College Algebra and MATH 1321: Precalculus) may use 6 elective hours to do so, and may take the calculus sequence the following year.