



Bachelor of Science in Exercise Science Degree Program Checklist

Student: _____ ID#: _____ Advisor: _____

<u>Class</u>	<u>Hours</u>	<u>Grade</u>	<u>Semester</u>
General Education (46 Hours):			
Humanities/Fine Arts:			
EN 101 Composition	3	_____	_____
EN 102 Composition and Literature	3	_____	_____
HI 201 American History I	3	_____	_____
BU 105 Leadership and Public Speaking	3	_____	_____
FA 110 Art, Lit., Mus.: Appreciation & Worldview	3	_____	_____
PH 210 Introduction to Logic	3	_____	_____
Social/Behavioral Sciences:			
PO 101 American National Government	3	_____	_____
PY 220 Human Growth and Development	3	_____	_____
Natural Science/Mathematics:			
BI 101 Concepts in Biology	4	_____	_____
Great Commission Studies:			
CS 101 Bible Survey	3	_____	_____
CS 322 Christian Theology I	3	_____	_____
CS 323 Christian Theology II	3	_____	_____
CS/HI 330 Baptist History	3	_____	_____
MI 251 Intro to the Great Commission	3	_____	_____
Other Institutional Requirements:			
ES 101 Physical Well Being I with Activity Lab	1	_____	_____
ES 102 Physical Well Being II with Activity Lab	1	_____	_____
TM 100 Pathfinders	1	_____	_____

Degree Requirement:

This degree requires a grade of C- or higher in all math and science courses.

Accumulation of 3 D's or F's in any major related courses will result in dismissal from the major.

Application for Major Requirement:

- Students should submit an "Application for Major" to the School of Science and Mathematics prior to registering for junior year classes.
- School acceptance of the "Application for Major" is a graduation requirement.

<u>Class</u>	<u>Hours</u>	<u>Grade</u>	<u>Semester</u>
Support Courses (38 Hours):			
BI 107 Principles of Biology I	4	_____	_____
BI 108 Principles of Biology II	4	_____	_____
BI 212 Anatomy and Physiology I	4	_____	_____
BI 213 Anatomy and Physiology II	4	_____	_____
CH 121 General Chemistry I	4	_____	_____
CH 122 General Chemistry II	4	_____	_____
MA 102 College Algebra	3	_____	_____
MA 200 Statistics	3	_____	_____
PX 101 Intro to Physics I	4	_____	_____
PX 102 Intro to Physics II	4	_____	_____
Major Courses (32 Hours):			
PE 120 First Aid and CPR	1	_____	_____
ES 110 Introduction to Exercise Science	1	_____	_____
ES 210 Corporate Wellness	3	_____	_____
ES 310 Physiology of Exercise w/Lab	4	_____	_____
ES 320 Anatomical Kinesiology w/Lab	4	_____	_____
ES/NU 330 Pharmacology	3	_____	_____
ES 340 Exercise Prescription/Fitness Assessment	4	_____	_____
ES 350 Human Nutrition	3	_____	_____
ES 410 Physiological Aspects Training for Sports	3	_____	_____
ES 420 Psychological Aspects of Athletic Perform	3	_____	_____
ES 498 Capstone Research	2	_____	_____
ES 499 Capstone Presentation and Paper	1	_____	_____
Electives¹ (9 hours):			
_____	1-4	_____	_____
_____	1-4	_____	_____
_____	1-4	_____	_____
_____	1-4	_____	_____

TOTAL HOURS 125

¹At least 3 hours of 300/400