

EXERCISE SCIENCE (BA) - COACHING SPECIALIZATION

Suggested Sequence of Courses for a Bachelor of Arts Degree in Exercise Science with Specialization in Coaching

Course	Title	Hours
Freshman Year		
First Semester		
ENGL-1010	English Composition	3
EXSC-1115	Wellness for Life	1
EXSC-1150	Foundations of Human Movement	2
EXSC-2209	Personal & Community Health	2
THEO-1100	Introduction to Theology	3
Historical Inquiry Foundation		3
Aesthetic Foundation		3
Hours		17
Second Semester		
EXSC-2210	First Aid & Personal Safety	2
EXSC-2263	Care & Prevention of Athletic Injuries	3
PHIL-2010	Logic	3
Foreign Language		4
PSYC-1000	General Psychology	3
Written Communication		3
Hours		18
Sophomore Year		
First Semester		
EXSC-2220	Techniques of Team Sport	2
EXSC-3303	Basic Nutrition	3
Foreign Language		4
EXSC-2240	Structural Human Anatomy	3
Mathematical Reasoning Foundation		3
EXSC-SWMP	Swimming Proficiency	NULL
Hours		15
Second Semester		
EXSC-3357	Tests & Measure Health & Exsc Science	3
EXSC-2222	Techniques of Individual Sport	2
EXSC Fitness Course		1
Natural World Foundation		3
PHIL-2100	Principles of Nature	3
Oral Communication		3
Hours		15
Junior Year		
First Semester		
EXSC-3351	Theory Coaching & Officiating Football	2
EXSC-3350	Psychology of Sport & Methods Coaching	2
Global Perspective		3
Faith		3
Scientific Method		3

EXSC-3366	Physiology of Exercise	3
Hours		16
Second Semester		
EXSC-3380	Kinesiology & Biomechanical Analysis	3
EXSC-3355	Theory of Coaching & Officiating Soccer	2
Western Perspective		3
Dance Elective		1
Natural World Foundation w/ LAB		4
Philosophical Inquiry		3
Hours		16
Senior Year		
First Semester		
Written Communication		3
Aesthetic Foundation		3
EXSC-4402	Organiz & Admin Exer Sci & Sport	2
Faith		3
Philosophical Inquiry		3
Elective		3
Hours		17
Second Semester		
EXSC-COMP	Senior Comprehensive Exam	NULL
Coaching		2
Electives		12
Hours		14
Total Hours		128