

EXERCISE SCIENCE (BA)

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

Course	Title	Hours
Freshman Year		
First Semester		
GNST-1000	BC Experience	1
EXSC-1115	Wellness for Life	1
EXSC-1150	Foundations of Human Movement	2
BIOL-1107	Principles of Biology	4
ENGL-1010	English Composition	3
Foreign Language		4
Electives		1
Hours		16
Second Semester		
EXSC-2209	Personal & Community Health	2
EXSC Fitness Course		1
EXSC-2210	First Aid & Personal Safety	2
Historical Foundation		3
Foreign Language		4
Aesthetic Foundation		3
Swimming Course		1
Hours		16
Sophomore Year		
First Semester		
EXSC-2263	Care & Prevention of Athletic Injuries	3
BIOL-2242	Human Anatomy & Physiology I ¹	4
HWES Concentration		2
PHIL-1750	Principles of Nature	3
Aesthetic Foundation		3
Electives		1
Hours		16
Second Semester		
BIOL-2243	Human Anatomy & Physiology II	4
EXSC Concentration		3
THEO-1100	Introduction to Theology	3
Historical Foundation		3
Mathematical Reasoning		3
Hours		16
Junior Year		
First Semester		
EXSC-3357	Tests & Measure Health & Exsc Science	3
EXSC Concentration		3
Historical Foundation		3
Faith Foundation		3
Natural World Foundation		4
Hours		16

Second Semester		
EXSC-3366	Physiology of Exercise	3
EXSC Concentration		5
Philosophical Inquiry Foundation		3
Person and Community Foundation		3
Electives		2
Hours		16
Senior Year		
First Semester		
EXSC-3380	Kinesiology & Biomechanical Analysis	3
EXSC Concentration		5
Electives		4
Philosophical Inquiry		3
Dance Course		1
Hours		16
Second Semester		
EXSC-4402	Organiz & Admin Exer Sci & Sport	2
EXSC Concentration		3
Faith Foundation		3
Electives		8
EXSC-COMP	Senior Comprehensive Exam	0
Hours		16
Total Hours		128

¹ EXSC-2240 Structural Human Anatomy may be taken instead of BIOL-2242 Human Anatomy & Physiology I/BIOL-2243 Human Anatomy & Physiology II for Strength & Conditioning, Coaching, and Sports Management. If this is done, an additional 4-credit Natural World would be necessary.