

## B.S. in Exercise Science with Pre-Professional Option

### GENERAL STUDIES – 32 hours

EFT 101	Effective Thinking . . . . .	1
ENG 101	Critical Reading & Writing I . . . . .	3
ENG 102	Critical Reading & Writing II . . . . .	3
COM 205	Public Speaking. . . . .	3

*Select 2 courses from 2 different areas:*  
 ENG, HUM, MUS, and PHL . . . . . 6

MTH 211	Calculus . . . . .	3
NSC 103	Biology I and NSC 103L. . . . .	4

HIS	History course . . . . .	3
PSY 103	Introduction to Psychology . . . . .	3
SOC	SOC course (103, 203, or 215) . . . . .	3
CCE 300	Significant Cross-Cultural Exp . . . . .	0

### SUPPORTING COURSES – 8 hours

NSC 104	Biology II and NSC 104 Lab. . . . .	4
PHE 115	Cardiovascular Conditioning . . . . .	1
PHE 130	Weight Training . . . . .	1
PHE 201	First Aid and CPR . . . . .	1
PHE 220	Exercise and Weight Control . . . . .	1

### BIBLICAL STUDIES MINOR – 15 hours

BBS 102	The Drama of Scripture . . . . .	3
BBS 202	Jesus: The Focus of Scripture . . . . .	3
BBS 302	Scripture: How We Use It. . . . .	3
	Biblical Studies elective . . . . .	3
THE 405	Christ, Culture, and Career (WE) . . . . .	3

### MAJOR COURSEWORK – 52 hours

NSC 210	Medical Terminology . . . . .	1
NSC 215	Hum Anat & Phys I and NSC 215L. . . . .	4
NSC 216	Hum Anat & Phys II and NSC 216L . . . . .	4
NSC 302	Statistics . . . . .	3
NSC 303	Methods in Research (WE) . . . . .	3
NSC 401	Ethics in Science. . . . .	3
ESC 230	Foundations of Health & Wellness . . . . .	3
ESC 240	Human Nutrition . . . . .	3
ESC 340	Kinesiology and Biomechanics. . . . .	3
ESC 350	Exercise Physiology. . . . .	3
ESC 430	Exercise Phys for Spec Pop (WE) . . . . .	3
ESC 420	Exercise Testing and Prescription . . . . .	3

### Pre-Professional Option

NSC 228	Gen Chemistry I and NSC 228L. . . . .	4
NSC 229	Gen Chemistry II and NSC 229L . . . . .	4
NSC 320	Physics I and NSC 320L . . . . .	4
NSC 321	Physics II and NSC 321L. . . . .	4

### GENERAL ELECTIVES – 13 hours

**TOTAL REQUIRED HOURS = 120**

### Suggested Sequence of Courses

#### FIRST YEAR

##### **Fall Semester**

EFT 101	Effective Thinking . . . . .	1
ENG 101	Critical Reading & Writing I . . . . .	3
NSC 103	Biology I and NSC 103L. . . . .	4
NSC 228	Gen Chemistry I and NSC 228L. . . . .	4
PSY 103	Introduction to Psychology. . . . .	3
		<u>15</u>

##### **Spring Semester**

BBS 102	The Drama of Scripture . . . . .	3
ENG 102	Critical Reading & Writing II . . . . .	3
MTH 211	Calculus . . . . .	3
NSC 104	Biology II and NSC 104L . . . . .	4
NSC 229	Gen Chemistry II and NSC 229L . . . . .	4
		<u>17</u>

#### SECOND YEAR

##### **Fall Semester**

	ENG, HUM, MUS or PHL course . . . . .	3
COM 205	Public Speaking. . . . .	3
ESC 230	Foundations of Health & Wellness . . . . .	3
NSC 215	Hum Anat & Phys I and NSC 215L. . . . .	4
PHE 201	First Aid and CPR . . . . .	1
SOC	SOC course (103, 203, or 215) . . . . .	3
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##### **Spring Semester**

BBS 202	Jesus: The Focus of Scripture . . . . .	3
ESC 240	Human Nutrition . . . . .	3
HIS	History course . . . . .	3
NSC 216	Hum Anat & Phys II and NSC 216L . . . . .	4
NSC 210	Medical Terminology . . . . .	1
PHE 220	Exercise and Weight Control . . . . .	1
		<u>15</u>

#### THIRD YEAR

##### **Fall Semester**

BBS 302	Scripture: How We Use It. . . . .	3
ESC 340	Kinesiology and Biomechanics. . . . .	3
ESC 350	Exercise Physiology. . . . .	3
NSC 320	Physics I and NSC 320L . . . . .	4
PHE 115	Cardiovascular Conditioning . . . . .	1
		<u>14</u>

##### **Spring Semester**

	Biblical Studies elective . . . . .	3
NSC 321	Physics II and NSC 321L. . . . .	4
ESC 430	Exercise Phys for Spec Pop (WE) . . . . .	3
PHE 130	Weight Training . . . . .	1
	General elective(s). . . . .	4
		<u>15</u>

#### FOURTH YEAR

##### **Fall Semester**

	ENG, HUM, MUS or PHL course . . . . .	3
NSC 302	Statistics . . . . .	3
NSC 401	Ethics in Science. . . . .	3
	General elective(s). . . . .	4
		<u>13</u>

##### **Spring Semester**

THE 405	Christ, Culture, and Career (WE) . . . . .	3
ESC 420	Exercise Testing and Prescription . . . . .	3
NCS 303	Methods in Research (WE) . . . . .	3
	General electives. . . . .	5
		<u>14</u>