

# Exercise Science Emphasis in Human Performance

Bachelor of Science

## DEGREE PLAN

### Common Core 35-36 Hours

#### CORE CAPSTONE 0

GNED 3000	Core Capstone	0
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#### BIBLICAL LITERACY 6

BIBL 1013	Introduction to Christian Scripture	3
BIBL 1023	Christian Theology and Ethics	3

#### COMPOSITION AND LITERATURE 6

ENGL 1153	English Composition: Exposition and Argument	3
ENGL 1163	English: Composition and Classical Literature	3

#### SCIENTIFIC LITERACY AND MATHEMATICS 7-8

---	Laboratory Science Course	4-5
MATH 1033	Contemporary Mathematics or above	3

#### WELLNESS AND LIFELONG FITNESS 1

PHED 1001	The Wellness Lifestyle	1
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#### HISTORY AND LITERATURE 12

ENGL 2013	European Civilization: Literature	3
and HIST 2013	European Civilization: History	3

ENGL 2023	Modern West: Literature	3
and HIST 2023	Modern West: History	3

#### PHILOSOPHY AND FINE ARTS — SELECT ONE COURSE 3

FNAR 2063	Arts and Western Culture	3
FNAR 2163	Arts and Ideas	3
PHIL 1043	Introduction to Philosophy	3

### Supportive Core 15 Hours

POLI 1223	American National Government	3
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#### SELECT ONE COURSE 3

COMS 1093	Introduction to Speech Communication	3
BSAD 2003	Business Communications	3

#### SELECT ONE COURSE 3

PSYC 1223	Introduction to Psychology	3
SOCI 1223	Introduction to Sociology	3

#### LANGUAGE AND CULTURE — SELECT ONE PAIR

---	World Language Course (any language)	3
---	World Language Course (same language)	3
OR		
---	World Language Course (2000 or above)	3
---	Cultural Engagement Course	3

### AREA OF EMPHASIS 50-58

EXSC 1011	Introduction to Exercise Science	1
EXSC 1101	First Aid/ CPR	1
EXSC 1723	Care and Prevention of Athletic Injuries	3
EXSC 1733	Introduction to Nutrition	3
EXSC 2201	Design/Teach Fitness Activities	1
EXSC 2353	Legal Issues in Exercise Science, Sport and Recreation	3
EXSC 2534	Functional Human Anatomy	4
EXSC 2544	Functional Human Physiology	4
EXSC 3103	Motor Learning	3
EXSC 3233	Sport and Exercise Psychology	3
EXSC 3403	Sport and Exercise Nutrition	3
EXSC 3504	Exercise Testing and Prescription	4
EXSC 3553	Current Health Issues	3
EXSC 3804	Exercise Physiology	4
EXSC 4089	Internship in Human Performance	1-9
EXSC 4109	ACSM Certification	2
EXSC 4183	Organization and Administration	3
EXSC 4804	Exercise Physiology II	4

#### AREA OF EMPHASIS ELECTIVES:

#### SELECT FROM THESE COURSES 10

BIOL 2354	Human Anatomy	4
BIOL 2364	Human Physiology	4
EXSC 2103	Inclusive Physical Activities	3
EXSC 3053	Advanced Athletic Injury Management	3
EXSC 4003	Therapeutic Modalities in Athletic Training	3
EXSC 4013	Therapeutic Exercise in Athletic Training	3
EXSC 4329	Advanced Topics in Exercise Science	1-4
EXSC 4833	Biomechanics	3
MATH 2003	Basic Statistics	3
NURS 1153	Medical Terminology	3
SAR 2252	Survey of Outdoor Recreation	2
SAR 3103	Ethics in Sports	3
SAR 3223	Psychology of Coaching	3
SAR 3243	Leadership in Sports & Recreation	3
SAR 3913	Advanced Coaching Pedagogy	3
SAR 4403	Sport and Recreation Facility Design & Utilization	3

### Electives 1-10 Hours

Courses selected on the basis of student interest in consultation with faculty advisor.

### Total Hours

Common Core	35-36
Supportive Core	15
Area of Concentration	50-58
Area of Concentration Electives	10
Electives	1-10
<b>Total hours required for graduation</b>	<b>120</b>

All degrees must include at least 30 upper-level hours. No D's will be accepted in the area of concentration and supportive courses or in courses comprising majors and minors.

\* Other courses for which the student meets the prerequisites also qualify.