

## EXERCISE SCIENCE MAJOR

### Four Year Plan

**This is a suggested program guide. It is not to be interpreted as a contract. Changes may occur. Please see your program advisor before you register for courses.** Updated 11/19

YEAR	FALL	SPRING
First Year	BENV100 Becoming a Scholar 3 <b>HFS 110 Introduction to Exercise Science</b> 3 Speaking and Listening Competency 3 <b>HFS 220 Personal/Com Health Concerns</b> 3 Electives 3 Total 15	Writing Well Competency 3 Creative Expression Competency 3 <b>PHY 105 The Physical World</b> 4 <b>HFS 120/130 Team Sports 1 or 2</b> 3 <b>HFS 255 Competitive Strength Training</b> 2 <b>Or HFS 265 Personal Strength Training</b> (2) Total 15
Second Year	Understanding Self and Society Competency 3 Reading the Bible Competency 3 <b>BIO 230 Anatomy &amp; Physiology 1</b> 4 <b>HFS 117 Introduction to Sport Medicine</b> 3 <b>NTR 225 Fundamentals of Nutrition</b> 3 Total 16	BENV200 Learning in Community 5 <b>HFS 205 Leadership</b> 3 <b>HFS 310 Kinesiology</b> 3 Elective 3 Living Well Competency 2-3 Total 16-17
Third Year	Exploring the Past Competency 3 <b>HFS 315 Therapeutic Recreation*</b> 3 <b>NTR 260 Obesity Research &amp; Sport Nutrition</b> 3 <b>HFS 320 Exercise Physiology</b> 3 <b>NTR 240 Physical &amp; Nutrition Assessment</b> 2 Total 14	BENV300 Cross-cultural Experience 3 Scientific Inquiry Competency 4 <b>HFS 301 Biomechanics of Physical Activity</b> 3 Critical Analysis Competency 3 Electives 3 Total 16
Fourth Year	Religious Understanding Competency 3 Electives 12 Total 15	BENV400 Christian Values in a Global Community 2 <b>HFS 385 Internship</b> 3 Electives 10 Total 15

124 semester credits needed to complete graduation requirements (includes arts/lecture credits)

Bold face print denotes major course requirements

\*Alternate Year Course

Major courses offered both semesters

Science sequence to be eligible for Kinesiology and Exercise Physiology. PHY 105 meets the Scientific Inquiry Competency.