



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 06/2026

YEAR	FALL	SPRING
First Year	BENV100 Becoming a Scholar 3 HFS 110 Introduction to Exercise Science 3 Writing Well Competency 3 HFS 220 Personal/Com Health Concerns 3 Electives 3 Total 15	Speaking and Listening Competency 3 CEM 105 Experiential Chemistry (or pre-req for BIO 230) 4 HFS 255 Competitive Strength Training 2 Or HFS 266 Personal Wellness & Exercise (2) HFS 201 Fitness Assessment Technique 3 Electives 3 Total 15
Second Year	Reading the Bible Competency 3 BIO 230 Anatomy & Physiology 1 4 HFS 117 Introduction to Sport Medicine 3 NTR 225 Fundamentals of Nutrition 3 Electives (or SPA 111) 3 Total 16	BENV200 Learning in Community 5 HFS 205 Leadership 3 HFS 230 Sport Psychology 3 HFS 157 or 158 1 Elective (or SPA 121) 3 Total 15
Third Year	Understanding Self and Society Competency 3 HFS 315 Therapeutic Recreation 3 HFS 321 Exercise Physiology 4 HFS 156 Plyos & Power 1 Electives 5 Total 16	BENV300 Cross-cultural Experience 3 Creative Expression Competency 3 HFS 316 Functional Kinesiology & Biomechanics 3 NTR 236 Sport Nutrition 2 Electives 5 Total 16
Fourth Year	Religious Understanding Competency 3 Exploring the Past Competency 3 Electives 9 Total 15	BENV400 Christian Values in a Global Community 2 HFS 385 Internship 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 (HFS 315 offered fall odd years)

Major courses offered both semesters

Science sequence to be eligible for HFS 316 and HFS 321

If taking Spanish courses for language or cross-cultural requirement, complete during fall and spring of second year.

Note: The Living Well and Critical Analysis Competencies are met by the major. Scientific Inquiry Competency met by course pre requisites.