

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 6/22

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

Note: The Living Well and Critical Analysis Competencies are met by the major.