

## 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 8/23

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 230 Sport Psychology</b> 3 <b>HFS 255 Competitive Strength Training</b> 2 <b>Or HFS 266 Personal Wellness &amp; Exercise</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 <b>HFS 201 Fitness Assessment Techniques</b> 3 Elective 2 Total 16
Third Year	Exploring the Past Competency 3 <b>HFS 315 Therapeutic Recreation*</b> 3 <b>NTR 236 Sports Nutrition</b> 2 <b>HFS 321 Applied Exercise Physiology</b> 4 Electives 3 Total 15	BENV300 Cross-cultural Experience 3 <b>HFS 301 Biomechanics of Physical Activity</b> 3 Electives 10 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.

Students may also take the CEM 105 Experiential Chemistry as the pre-rec but it does not meet SI competency.

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