

EXERCISE AND HEALTH SCIENCE MAJOR

No Pre-Professional Health Track

Course	Title	Hours
First Year		
Fall		
EXHS 111	Introduction to Exercise and Health Science	4
BIOL 101	Foundations of Biology	4
INTG 100	Foundations	4
Global Language 111		4
INTG 105	College Success	1
Hours		17
Spring		
BIOL 216	Human Physiology	4
Cultural/Social Difference-Identity (CI)		4
Global Language 112		4
THEO 100	Theological Explorations	4
Hours		16
Second Year		
Fall		
MATH 124 or PSYC 221	Probability and Statistical Inference or Applied Behavioral Statistics	4
Global Language 211		4
EXHS 211	Exercise Science Laboratory Skills	2
Elective		4
Elective		4
Hours		18
Spring		
EXHS 379A	Research Methods in Exercise and Health Science - Natural World	4
NUTR 125	Concepts of Nutrition Science	4
EXHS 210	Functional Human Anatomy	2
Elective		4
Elective		4
Hours		18
Third Year		
Fall		
Cultural/Social Difference-Systems (CS)		4
Human Experience (HE)		4
Artistic Expression (AE)		4
Global Engagement (GL)		4
Hours		16
Spring		
EXHS 323	Sport in a Diverse Society	4
EXHS 324	Sports and Exercise Psychology	4
Theology Integrations (TI)		4
Elective		4
Hours		16
Fourth Year		
Fall		
EXHS 308	Exercise Physiology	4
EXHS 397	Internship	4
Elective		4
Elective		4
Hours		16
Spring		
EXHS 310	Principles of Strength Training and Conditioning	4
INTG 300	Learning Integrations	4

Elective	4
Elective	4
EXHS XXX	0
Hours	16
Total Hours	133

Pre-Professional Health Track

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First Year		
Fall		
EXHS 111	Introduction to Exercise and Health Science	4
BIOL 101	Foundations of Biology	4
INTG 100	Foundations	4
Global Language 111		4
INTG 105	College Success	1
Hours		17
Spring		
BIOL 201	Intermediate Cell Biology and Genetics	4
CHEM 125	Introduction to Chemical Structure and Properties	4
Cultural/Social Difference-Identity (CI)		4
Global Language 112		4
Hours		16
Second Year		
Fall		
MATH 124 or PSYC 221	Probability and Statistical Inference or Applied Behavioral Statistics	4
EXHS 211	Exercise Science Laboratory Skills	2
Global Language 211		4
THEO 100	Theological Explorations	4
Elective		4
Hours		18
Spring		
EXHS 379A	Research Methods in Exercise and Health Science - Natural World	4
EXHS 210	Functional Human Anatomy	2
NUTR 125	Concepts of Nutrition Science	4
Elective		4
Elective		4
Hours		18
Third Year		
Fall		
Cultural/Social Difference-Systems (CS)		4
Human Experience (HE)		4
Artistic Expression (AE)		4
Global Engagement (GL)		4
Hours		16
Spring		
EXHS 324	Sports and Exercise Psychology	4
Theology Integrations (TI)		4
Elective		4
Elective		4
Hours		16
Fourth Year		
Fall		
EXHS 308	Exercise Physiology	4
EXHS 397	Internship	4
BIOL 325	Human Anatomy and Physiology I	4
Elective		4
Hours		16
Spring		
BIOL 326	Human Anatomy and Physiology II	4

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EXHS 310	Principles of Strength Training and Conditioning	4
INTG 300	Learning Integrations	4
Elective		4
EXHS XXX		0
Hours		16
Total Hours		133