## **BS: Exercise Science Suggested Schedule**

BIOL221	Fall Semester	FRESHMAN	Credits	Spring Semester	FRESHMAN	Credits	
ENGL 115	BIOL221	Anatomy & Physiology I	4	BIOL222	Anatomy & Physiology II	4	
RELT 100	BIOL221 L	A & P I Lab	0	BIOL222L	Anatomy & Physiology Lab	0	
HLED 120	ENGL 115	English Composition I	3	ENGL 215	English Comp II	3	
HIST 117   FTES Elective	RELT 100	God & Human Life	3	BHSC100	Philosophy of Service	2	
Total credits   Total credit	HLED 120	Fit for Life	1	COMM104	Communication Skills	3	
Total credits   Total credit	HIST 117	Civilizations & Ideas I	3	FTES 214	Weight Training & Conditioning	<u>1</u>	
Fall Semester   SOPHOMORE   Credits   Spring Semester   SOPHOMORE   Credits   CHEM110   Lab   0   0   BCHM120   Lab   10   DEVELOR   Contact	FTES Elective		<u>1</u>		(for Men or Women)		
CHEM110		Total credits	15		Total credits	13	
CHEM110 L   Lab   Nutrition   3	Fall Semester	SOPHOMORE	Credits	Spring Semester	SOPHOMORE	Credits	
FDNT 230   MUHL 214 *   Enjoyment of Music *   3   INFS 120   Foundations of IT   3   3   INFS 120   Foundations of IT   4   5   Foundations of IT   4   5   Foundations of IT   5   6   Foundations of IT   5   7   7   7   7   7   7   7   7   7	CHEM110	Intro to Organic & Inorganic Ch.	4	BCHM120	Intro to Biochemistry	4	
MUHL 214 * HLED210 FTES Electrive         Enjoyment of Music * Philosophy of Health         3 3 1 1 2 3 3 3 3 3 3         INFS 120 INFS 120 L 5 STAT285 RELT250         Foundations of IT Lab Foundations of IT Lab Personal Spirituality & Faith         3 3 3 3 3 3 3           Total credits         14         Total credits         16           FOIL Semester         JUNIOR         Credits           FTES 305 BSAD 355 Management & Organization         3 3 5TTES 465 BY Exercise Physiology         4           FTES 465 Exercise Physiology         4           SYC319 PSYC319 PSYC319 Jesus in His Time and Ours         3 3 4         FTES 465 Exercise Physiology         4           Aug. Express         Summer before last year         Credits           Total credits         1         PSYC210 General Elective         Intro to Health Psychology         3           May Express         Summer before last year         Credits           Total credits         3         FIES 497         SENIOR         Credits           FIDNT 498         Research Methods         2 <th cols<="" td=""><td>CHEM110 L</td><td>Lab</td><td>0</td><td>BCHM120L</td><td>Lab</td><td>0</td></th>	<td>CHEM110 L</td> <td>Lab</td> <td>0</td> <td>BCHM120L</td> <td>Lab</td> <td>0</td>	CHEM110 L	Lab	0	BCHM120L	Lab	0
HLED210	FDNT 230	Nutrition	3	PSYC 101	Intro to Psychology	3	
Total credits   Total credit	MUHL 214 *	Enjoyment of Music *	3	INFS 120	Foundations of IT	3	
Total credits 14  Total credits 14  Total credits 14  Total credits 15  Total credits 16  Spring Semester JUNIOR Credits  TES 305  Current Concepts and Apps BSAD 355  Management & Organization 3 FTES 465 Exercise Physiology Exercise Physiology 0 O Principles of Marketing 3 FTES 355 Methods of Fitness Instruction 3 O Principles of Marketing 3 FTES 355 Methods of Fitness Instruction 3 O Principles of Marketing 3 FTES 355 Methods of Fitness Instruction 3 O Principles of Marketing 3 FTES 355 Methods of Fitness Instruction 3 O Principles of Marketing 3 FTES 410 Intro to Health Psychology 3 O Principles of Marketing 4 O Principl	HLED210	Philosophy of Health	3	INFS 120 L	Foundations of IT Lab	0	
Total credits  Fall Semester  Summer before last year  GSEM 648 (HLED380)  Fall Semester  FINT 448 FDNT 448 FDNT 448 FDNT 498 FTES 475 FTES 497 Internship RELT250 FOR Semester  Total credits  Total credits FOR Semester  FOR Semester  FINT 498 FTES 465 FTE	FTES Elective		<u>1</u>	STAT285	Statistics	3	
Fall Semester  JUNIOR  Credits  FTES 305  Current Concepts and Apps BSAD 355  Management & Organization MKTG310 Principles of Marketing Stress Management Stress Physiology Stress Management St				RELT250	Personal Spirituality & Faith	<u>3</u>	
FTES 305   Current Concepts and Apps   BSAD 355   Management & Organization   3   FTES 465   Exercise Physiology   0   0		Total credits	14		Total credits	16	
BSAD 355 Management & Organization Principles of Marketing Stress Management \$\text{ Organization Principles of Marketing Stress Management } 3 FTES 455 L Stress Management \$\text{ Stress Management } 3 FTES 410 L Stress Management \$\text{ Stress Management } 2 FTES 410 L Stress Management \$\text{ Stress Management } 3 FTES 410 L Stress Management \$\text{ Stress Management } 2 FTES 410 L Stress Management \$\text{ Stress Management } 3 FTES 410 L Stress Management \$\text{ Stress Management } 2 FTES 410 L Stress Management \$\text{ Stress Management } 3 FTES 410 L Stress Management \$\text{ Stress Management \$\text{ Stress Management } 3 FTES 410 L Stress Management \$ Stress Man	Fall Semester	JUNIOR	Credits	Spring Semester	JUNIOR	Credits	
MKTG310 Principles of Marketing Stress Management 3 FTES 355 FTES 410 Issues in Exercise Studies 2 Intro to Health Psychology 3 General Elective Total credits 16 Total credits 15  May Express Summer before last year Credits (HLED380) Total credits 3 FDNT 460 Seminar: EG White Research Methods Lab Internship Religion & Ethics in Mod Society FTES 497 Internship Religion & Ethics in Mod Society FTES 325 Sports Nutrition 3 FTES 325 FTES 325 FTES 325 FTES 325 FTES 325 FTES 325 FTES 497 Internship Sports Nutrition 3 FTES 325	FTES 305	Current Concepts and Apps	3	FTES 465	Exercise Physiology	4	
Stress Management   3	BSAD 355	Management & Organization	3	FTES 465 L	Exercise Physiology	0	
FTES Elective   Total credits   1	MKTG310	Principles of Marketing	3	FTES 355	Methods of Fitness Instruction	3	
Total credits   Total credit	PSYC319	Stress Management	3	FTES410	Issues in Exercise Studies	2	
Total credits 16  May Express Summer before last year Credits  GSEM 648 (HLED380) Workshop: Natural Remedies ** 3  Fall Semester SENIOR Credits 7  FDNT 448 Nutrition & Wellness 3  FDNT 498 Research Methods 2  FDNT 498 L Research Methods Lab Internship 2  FDNT 498 L Research Methods Lab Internship 2  FELT340 Religion & Ethics in Mod Society 3  RELT340 Religion & Ethics in Mod Society 3  FTES 475 Kinesiology 3  FTES 475 Sports Nutrition 3  Total credits 16  Total credits 15  To	FTES Elective		1	PSYC210	Intro to Health Psychology	3	
Summer before last year   Credits   GSEM 648 (HLED380)   Workshop: Natural Remedies **   3	RELB210	Jesus in His Time and Ours	<u>3</u>	General Elective	·	<u>3</u>	
GSEM 648 (HLED380)  Total credits 3  Fall Semester  SENIOR  Credits  Spring Semester  SENIOR  FDNT 448  Nutrition & Wellness Research Methods Research Methods Lab  FDNT 498 L Research Methods Lab  FTES 497  Internship Religion & Ethics in Mod Society  FTES 475 FTES 475 FTES 475 FTES 325  Total credits  SPRIOR  SENIOR  Credits  SENIOR  Credits  SENIOR  Seminar: EG White 1  Consumer Health 2  HLED 445 Consumer Health 2  HLED 480 Wellness Programs 3  FTES 497 Internship 2 PSYC 471 Behavior Modification 3 FTES 497 Internship 2 FTES 497 FTES		Total credits	16		Total credits	15	
HLED380)  Total credits  Foll Semester  SENIOR  Credits  FDNT 448  FDNT 448  FDNT 498  Research Methods  Research Methods Lab  FTES 497  Religion & Ethics in Mod Society  FTES 475  FTES 475  FTES 325  FTES 325  FONT 498  Remedies 3  FONT 460  Seminar: EG White  1  Consumer Health  2  HLED 445  Wellness Programs  3  FTES 497  Internship  2  PSYC 471  Behavior Modification  3  FTES 497  Internship  2  FTES 497  FTES 497  FTES 497  FTES 497  FTES 475  FTES 475  Sports Nutrition  Total credits  16  Total credits  16	May Express	Summer before last year	Credits				
Total credits3Fall SemesterSENIORCreditsFDNT 448Nutrition & Wellness3FDNT 460Seminar: EG White1FDNT 498Research Methods2HLED 445Consumer Health2FDNT 498 LResearch Methods Lab0HLED 480Wellness Programs3FTES 497Internship2PSYC 471Behavior Modification3RELT340Religion & Ethics in Mod Society3FTES 497Internship2FTES 475Kinesiology3General Elective		Workshop: Natural Remedies **	<u>3</u>				
FDNT 448 Nutrition & Wellness 3 FDNT 460 Seminar: EG White 1 FDNT 498 Research Methods 2 HLED 445 Consumer Health 2 FDNT 498 L Research Methods Lab 0 HLED 480 Wellness Programs 3 FTES 497 Internship 2 PSYC 471 Behavior Modification 3 RELT340 Religion & Ethics in Mod Society 3 FTES 497 Internship 2 FTES 475 Kinesiology 3 General Elective 5 FTES 325 Sports Nutrition 3 General Elective 7 Total credits 16	(HLED380)	Total credits	3				
FDNT 448 Nutrition & Wellness 3 FDNT 460 Seminar: EG White 1 FDNT 498 Research Methods 2 HLED 445 Consumer Health 2 FDNT 498 L Research Methods Lab 0 HLED 480 Wellness Programs 3 FTES 497 Internship 2 PSYC 471 Behavior Modification 3 RELT340 Religion & Ethics in Mod Society 3 FTES 497 Internship 2 FTES 475 Kinesiology 3 General Elective 5 FTES 325 Sports Nutrition 3 General Elective 7 Total credits 16	Fall Semester	SENIOR	Credits	Spring Semester	SENIOR	Credits	
FDNT 498 L FTES 497 RELT340 REligion & Ethics in Mod Society FTES 475 FTES 325 RESearch Methods Lab 10 Research Methods Lab 2 PSYC 471 Religion & Ethics in Mod Society 3 FTES 497 General Elective General Elective Total credits 16  HLED 480 PSYC 471 Behavior Modification 3 Religion Methods Lab Behavior Modification 3 General Elective  General Elective Total credits 16  Total credits		Nutrition & Wellness	3		Seminar: EG White	1	
FDNT 498 L FTES 497 RELT340 REligion & Ethics in Mod Society FTES 475 FTES 325 RESearch Methods Lab 10 Research Methods Lab 2 PSYC 471 Religion & Ethics in Mod Society 3 FTES 497 General Elective General Elective Total credits 16  HLED 480 PSYC 471 Behavior Modification 3 Religion Methods Lab Behavior Modification 3 General Elective  General Elective Total credits 16  Total credits	FDNT 498	Research Methods	2	HLED 445	Consumer Health	2	
RELT340 Religion & Ethics in Mod Society FTES 475 Kinesiology Sports Nutrition  Total credits  Religion & Ethics in Mod Society 3 General Elective General Elective Total credits  Total credits  Total credits  Religion & Ethics in Mod Society 3 General Elective  General Elective  Total credits  Total credits	FDNT 498 L	Research Methods Lab		HLED 480	Wellness Programs		
RELT340 Religion & Ethics in Mod Society FTES 475 Kinesiology Sports Nutrition  Total credits  Religion & Ethics in Mod Society 3 General Elective General Elective Total credits  Total credits  Total credits  Religion & Ethics in Mod Society 3 General Elective  General Elective  Total credits  Total credits	FTES 497	Internship	2	PSYC 471	Behavior Modification	3	
FTES 475 Kinesiology 3 General Elective 3 General Elective 2 Total credits 16 Total credits 16	RELT340	Religion & Ethics in Mod Society		FTES 497	Internship		
FTES 325 Sports Nutrition 3 General Elective 2  Total credits 16 Total credits 16	FTES 475	,	3	General Elective		3	
Total credits 16 Total credits 16	FTES 325			General Elective		2	
		Total credits	16		Total credits		

Revised 5/2013 \*May be substituted with the following classes: PHTO210, ENGL255, PHIL224, a course in Studio Art, or 3 credits in Ensemble Music.

<sup>\*\*</sup>May be substituted with the following class: NRSG466 (spring semester)