

BS: Exercise Science Suggested Schedule

<i>Fall Semester</i>	FRESHMAN	Credits	<i>Spring Semester</i>	FRESHMAN	Credits
BIOL221	Anatomy & Physiology I	4	BIOL222	Anatomy & Physiology II	4
BIOL221 L	A & P I Lab	0	BIOL222L	Anatomy & Physiology Lab	0
ENGL 115	English Composition I	3	ENGL 215	English Comp II	3
RELT 100	God & Human Life	3	BHSC100	Philosophy of Service	2
HLED 120	Fit for Life	1	COMM104	Communication Skills	3
HIST 117	Civilizations & Ideas I	3	FTES 214	Weight Training & Conditioning (for Men or Women)	<u>1</u>
<i>FTES Elective</i>	_____	<u>1</u>			
	Total credits	15		Total credits	13
<i>Fall Semester</i>	SOPHOMORE	Credits	<i>Spring Semester</i>	SOPHOMORE	Credits
CHEM110	Intro to Organic & Inorganic Ch.	4	BCHM120	Intro to Biochemistry	4
CHEM110 L	Lab	0	BCHM120L	Lab	0
FDNT 230	Nutrition	3	PSYC 101	Intro to Psychology	3
MUHL 214 *	Enjoyment of Music *	3	INFS 120	Foundations of IT	3
HLED210	Philosophy of Health	3	INFS 120 L	Foundations of IT Lab	0
<i>FTES Elective</i>	_____	<u>1</u>	STAT285	Statistics	3
	Total credits	14	RELT250	Personal Spirituality & Faith	<u>3</u>
				Total credits	16
<i>Fall Semester</i>	JUNIOR	Credits	<i>Spring Semester</i>	JUNIOR	Credits
FTES 305	Current Concepts and Apps	3	FTES 465	Exercise Physiology	4
BSAD 355	Management & Organization	3	FTES 465 L	Exercise Physiology	0
MKTG310	Principles of Marketing	3	FTES 355	Methods of Fitness Instruction	3
PSYC319	Stress Management	3	FTES410	Issues in Exercise Studies	2
<i>FTES Elective</i>	_____	1	PSYC210	Intro to Health Psychology	3
RELB210	Jesus in His Time and Ours	<u>3</u>	<i>General Elective</i>	_____	<u>3</u>
	Total credits	16		Total credits	15
<i>May Express</i>	Summer before last year	Credits			
GSEM 648 (HLED380)	Workshop: Natural Remedies **	<u>3</u>			
	Total credits	3			
<i>Fall Semester</i>	SENIOR	Credits	<i>Spring Semester</i>	SENIOR	Credits
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	<i>General Elective</i>	_____	3
FTES 325	Sports Nutrition	3	<i>General Elective</i>	_____	2
	Total credits	16		Total credits	16
				CREDIT TOTAL - 124	

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

**May be substituted with the following class: NRS466 (spring semester)