

**Bachelor of Science – Exercise Science**

Suggested Plan of Study 2009-2010 Catalog

Fall - Semester 1		Spring - Semester 2	
ENGL 1113 Composition I	3	ENGL 1123 Composition II	3
MATH 1003 College Mathematics or MATH 1023 College Algebra	3	Humanities choice (ART 2013, HUM 2003 or MUS 2013)	3
HS 1403 Personal and Community Health	3	HS 2043 Human Anatomy and Physiology	3
Biological Science choice/Lab BSCI 1013/1011 or BIOL 1103/1101	4	HIST 1003 or 1013 World History I or II	3
GSTD 1002 Freshman Seminar	2	EDUC 2023 K-12 Education Technology or MIS 1003 Introduction to Computers or CSCI 1102/1101 Introduction to Computing/Lab	3
HKR 1113 Methods of Teaching Individual/Dual Activities	3		
<b>Total Semester Hours</b>	<b>18</b>	<b>Total Semester Hours</b>	<b>15</b>
Fall - Semester 3		Spring - Semester 4	
ENGL 2213 World Literature I or ENGL 2223 World Literature II or PHIL 2403 Introduction to Philosophy	3	ENGL 2213 World Literature I or ENGL 2223 World Literature II or PHIL 2403 Introduction to Philosophy	3
SPCH 1113 Introduction to Public Speaking	3	HKR 1123 Methods of Teaching Team Activities	3
Social Science choice (ECON 2103 or FIN 2003, GEOG 2003, PSCI 2003, PSYC 2003, or SOC 1003 or 2003)	3	Social Science choice (ECON 2103 or FIN 2003, GEOG 2003, PSCI 2003, PSYC 2003, or SOC 1003 or 2003)	3
HIST 2013 or 2023 U. S. History I or II	3	HKR 3803 Lifeguarding/Water Safety for Advanced Swimmers	3
Physical Science choice/Lab (CHEM 1013/1011, CHEM 1023/1021, CHEM 1133/1131, GEOL 1003/1001, PHSC 2023/2021, PHYS 2003/2001, or PHYS 2203/2201)	4	Humanities choice (ART 2013, HUM 2003 or MUS 2013)	3
<b>Total Semester Hours</b>	<b>16</b>	<b>Total Semester Hours</b>	<b>15</b>
Fall - Semester 5		Spring - Semester 6	
ESCI 4363 Exercise Prescription and Fitness Program	3	HKR 4323 Organization and Administration in HKR	3
Major Elective	3	HKR 4923 Measurement and Evaluation in HKR	3
REC 3653 Leadership in Recreation	3	REC 3663 Leisure and Age	3
ESCI 3003 Psychology of Motor Learning and Development	3	ESCI 4013 Biomechanics	3
AT 3013 Therapeutic Exercise	3	HS 4243 Physiology or Muscular Activity	3
HS 3413 First Aid and Safety/CPR	3	ESCI 4333 Instrumentation and Physiological Assessment	3
<b>Total Semester Hours</b>	<b>18</b>	<b>Total Semester Hours</b>	<b>18</b>
Fall - Semester 7		Spring - Semester 8	
HS 3233 Kinesiology	3	ESCI 4676 Exercise Science Practicum II	6
HS 4023 Pharmacology in Sports	3	ESCI 4686 Exercise Science Practicum III	6
HS 4013 Adapted Kinesiology	3		
Major Elective	3		
ESCI 4652 Exercise Science Practicum I	2		
<b>Total Semester Hours</b>	<b>14</b>	<b>Total Semester Hours</b>	<b>12</b>

Total hours required for major – 126

**Major Electives**

AT 1011 Aquatic Therapeutic Exercise	HS 4433 Advanced Athletic Training Techniques
AT 1021 Strength and Conditioning	PHYS 2003/2001 General Physics I/Lab
ECON 1003 The American Enterprise System	PHYS 2103/2101 General Physics II/Lab
BIOL 2003 Nutrition and Diet	PSYC 3223 Developmental Psychology