

Southwest Baptist University

BOLIVAR, MO | EST. 1878

BACHELOR OF SCIENCE IN EXERCISE SCIENCE

FRESHMAN – FALL SEMESTER

BIO 1004	Principles of Biology	4
PSY 1013	General Psychology	3
KIN 1163	Foundations of Physical Fitness for Professionals	3
ENG 1113	English Composition I	3
UNI 1111	University Seminar	1
<i>Total hours</i>		14

WINTERFEST OR SUMMER

BIB 1013	Old Testament History	3
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FRESHMAN – SPRING SEMESTER

ESC 1013	Introduction to Exercise Science	3
ENG 2213	English Composition II	3
COM 1103	Fundamentals of Speech Communication	3
UNI 1121	Introduction to Critical Thinking	1
MAT 1143	College Algebra	3
HSC 1013	Medical Terminology <i>or</i>	
PTH 2523	Introduction to Physical Therapy <i>(spring even years; required for HSEA)</i>	3
<i>Total hours</i>		16

SOPHOMORE – FALL SEMESTER

KIN 1043	Personal and Community Health	3
BIO 2204	Human Anatomy & Physiology I	4
KIN 2023	Perceptual Motor Development	3
CIS 1103	Computer & Information Management	3
FAR 10_3	Intro. to Art, Fine Arts, Music or Theatre	3
<i>Total hours</i>		16

SOPHOMORE – SPRING SEMESTER

BIO 3304	Human Anatomy & Physiology II	4
ECO 2003	LIFE Economics	3
KIN 3073	Physiology of Exercise	3
POL 1113	American Government and Politics	3
SPF 2012	Introduction to Spiritual Formation	2
<i>Total hours</i>		15

JUNIOR – FALL SEMESTER

CHE 1115	General Chemistry I	5
PSY 3063	Human Growth & Development	3
SOC 4083	Gerontology <i>or</i>	
SOC 3303	The Family	3
HIS 2213/2223	U.S. History I or II	3
KIN 4003	Kinesiology	3
<i>Total hours</i>		17

JUNIOR – SPRING SEMESTER

KIN 2243	Nutrition	3
PSY 3243	Elementary Statistics	3
KIN 3093	Responding to Emergencies	3
BIB 1023	New Testament History	3
	Cultural Studies General Education Requirement	3
<i>Total hours</i>		15

SENIOR – FALL SEMESTER

ESC 4053	Biomechanical Analysis	3
KIN 3083	Care and Prevention of Athletic Injuries	3
PSY 4373	Being Human & Addicted	3
PHY 1115	General Physics I	5
KIN 4773	Principles of Strength and Conditioning	3
<i>Total hours</i>		17

SENIOR – SPRING SEMESTER

ESC 4001	Exercise Science Capstone	1
ESC 4043	Exercise Science Practicum	3
ESC 4033	Special Populations	3
KIN 4762	Problem Solving	2
PSY 3393	Introduction to Sports Psychology	3
<i>Total hours</i>		12

SUMMER

ESC 4986	Exercise Science Internship	6
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THIS IS A PROPOSED GUIDELINE. Please check the catalog and see your advisor for your final degree requirements.

Southwest Baptist University reserves the right to make changes to degree plans without advanced notice or obligation.

The student is responsible for understanding and completing all general education, degree, departmental and graduation requirements.