



Southwest Baptist UNIVERSITY

BACHELOR OF SCIENCE IN EXERCISE SCIENCE - Health Human Performance

FRESHMAN - FALL SEMESTER

BIB 1013	Values: Old Testament History	3
ENG 1113	Communication: English Composition I	3
DISCOVER	Values: Human Diversity	2
UNI 1111	Opportunities: University Seminar	1
KIN 2023	Perceptual Motor Development	3
PSY 1013	General Psychology	3
Total Hours		15

FRESHMAN - SPRING SEMESTER

BIO 1004	Inquiry: Principles of Biology	4
KIN 1163	Discipline: Fitness and Wellness for Professionals	3
UNI 1121	Reasoning: Critical Thinking	1
DISCOVER	Communication: English Comp II	3
KIN 2043	Psychology of Coaching	3
ELECTIVE	Student Selection	1
Total Hours		15

SOPHOMORE - FALL SEMESTER

BIB 1023	Values: New Testament History	3
DISCOVER	Communication: Speech/Interpersonal	3
BIO 2204	Human Anatomy and Physiology I	4
KIN 3083	Care and Prevention	3
KIN 2042	Coaching	2
Total Hours		15

SOPHOMORE - SPRING SEMESTER

BEH 2243	Reasoning: Stats	3
DISCOVER	Society: Sociology	3
DISCOVER	Values: (spiritual formation options)	2
BIO 3304	Human Anatomy and Physiology II	4
ELECTIVE	Student Selection	3
Total Hours		15

JUNIOR - FALL SEMESTER

DISCOVER	Society: (American Studies Options)	3
ESC 3033	Resistance Training I	3
KIN 4003	Kinesiology	3
KIN 2243	Nutrition	2
ELECTIVE	Student Selection	4
Total Hours		15

JUNIOR - SPRING SEMESTER

DISCOVER	Enrichment: FAR	3
ESC 3043	Resistance Training II	3
KIN 3073	Exercise Physiology	3
KIN 3093	Responding to Emergencies	3
KIN 4001	Capstone	1
ELECTIVE	Student Selection	2
Total Hours		15

SENIOR - FALL SEMESTER

ESC 4063	Personal Training	3
ESC 4833	Evidenced Based Practice	3
KIN 4773	Principles of Strength and Conditioning	3
ELECTIVE	Student Selection	6
Total Hours		15

SENIOR - SPRING SEMESTER

ESC 3013	Exercise Testing and Evaluation	3
ESC 4023	Sports Nutrition	3
ESC 4043	Exercise Science Practicum	3
ESC 4223	Functional Movement	3
ELECTIVE	Student Selection	3
Total Hours		15

DISCOVER Core Curriculum: 40 credit hours

120

Student Selection: Open Choice, Second Major Courses, or Minor Courses