



BACHELOR OF SCIENCE IN EXERCISE SCIENCE: STRENGTH AND CONDITIONING/PERSONAL TRAINING

FRESHMAN – FALL SEMESTER

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

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 1243	Algebraic Reasoning and Modeling	3
HSC 1013	Medical Terminology	3
<i>Total hours</i>		<i>16</i>

SOPHOMORE – FALL SEMESTER

BIO 2204	Human Anatomy & Physiology I	4
KIN 2023	Perceptual Motor Development	3
KIN 3083	Care and Prevention	3
CIS 1103	Computer & Information Management	3
FAR 10_3	Intro. to Art, Fine Arts, Music or Theatre	3
<i>Total hours</i>		<i>16</i>

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>		<i>15</i>

JUNIOR – FALL SEMESTER

HIS 2213/2223	U.S. History I or II	3
KIN 4003	Kinesiology	3
PSY 3063	Human Growth & Development	3
ESC 3133	Pharmacology	3
PSY 3033	Abnormal Psychology	3
<i>Total hours</i>		<i>16</i>

JUNIOR – SPRING SEMESTER

KIN 2243	Nutrition	3
PSY 3243	Elementary Statistics	3
KIN 3093	Responding to Emergencies	3
KIN 4001	Exercise Science Capstone	1
BUS 2013	Business Communications	3
	Cultural Studies Requirement	2
<i>Total hours</i>		<i>15</i>

SENIOR – FALL SEMESTER

ESC 4053	Biomechanical Analysis	3
KIN 4023	Sports Nutrition	3
KIN 4773	Principles of Strength and Conditioning	3
ESC 4833	Evidenced Based Practice	3
PSY 4373	Being Human & Addicted	3
<i>Total hours</i>		<i>165</i>

PSY ___3	Upper-level psychology	3
ESC 4043	Exercise Science Practicum	3
ESC 4223	Functional Movement	3
ESC 4013	Tactical Strength and Conditioning	3
BIB 1023	New Testament History	3
<i>Total hours</i>		<i>15</i>

SENIOR – SPRING SEMESTER

ESC 4986	Exercise Science Internship	6
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Note: Some programs require PHY 1115 Physics I, a 5-credit hour course that can be taken after the sophomore year.

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.