

**Bachelor of Science – Exercise Science (This plan includes minor in Sport/Rec Management)**

Test Scores	English:	Math:	Reading:	Science:	Composite:
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Freshman Fall (17 hrs)		Cr.	Semester	Grade	Course ID
General Education Requirements					
HLG 010	Chapel	0			
HLG 011	Freshman Seminar	1			
ENG 104	English Composition I	3			
BIB 123	New Testament Survey	3			
BIO 105	General Biology with Lab	4			
THR 100	Theatre Appreciation	3			
Major Requirements					
EXS 113	Foundations of P.E. & Exercise Science*	3			

Freshman Spring (17 hrs)		Cr.	Semester	Grade	Course ID
General Education Requirements					
HLG 010	Chapel	0			
BIB 113	Old Testament Survey	3			
CAS 101	Intro to Speech Communication	3			
ENG 106	English Composition II	3			
Major Requirements					
HLT 183	Personal Health & Fitness**	3			
PHE 212	First Aid & CPR	2			
_____	Free Elective	3			

Sophomore Fall (14-16 hrs)		Cr.	Semester	Grade	Course ID
General Education Requirements					
HLG 010	Chapel	0			
LIT 233	American Literature I	3			
MTH 143	College Algebra	3			
PSY 113	General Psychology	3			
Major Requirements					
BIO 314	Human Anatomy & Physiology I with Lab* or BIO 254 Essentials of Human Anatomy & Physiology I*	4			
EXS 281	Practicum in Exercise Science	1-3			

Sophomore Spring (16 hrs)		Cr.	Semester	Grade	Course ID
General Education Requirements					
HLG 010	Chapel	0			
LIT 243	American Literature II	3			
HST 213	US History I	3			
Major Requirements					
EXS 344	Exercise Physiology**	4			
EXS 311	Sociology of Sport and Exercise**	1			
EXS 312	Psychology of Sport and Exercise**	2			
_____	Free Elective (SRM 313)	3			

Junior Fall (15 hrs)		Cr.	Semester	Grade	Course ID
General Education Requirements					
HLG 010	Chapel	0			
HST 223	History Course	3			
CHM 135	College Chemistry I	5			
ART 111	Art Activity	1			
Major Requirements					
EXS 313	Controlled Elective (EXS 313)	3			
EXS 323	Controlled Elective (EXS 323)	3			

Junior Spring (15 hrs)		Cr.	Semester	Grade	Course ID
General Education Requirements					
HLG 010	Chapel	0			
Major Requirements					
PHE 313	Kinesiology**	3			
EXS 383	Internship in Exercise Science	3			
PHE 333	Motor Development & Performance**	3			
EXS 353	Controlled Elective (EXS 353)	3			
_____	Free Elective (PHE 363)	3			

Senior Fall (15 hrs)		Cr.	Semester	Grade	Course ID
General Education Requirements					
HLG 010	Chapel	0			
SOC 113	Introduction to Sociology	3			
Major Requirements					
EXS 354	Care and Prevention of Athletic Injuries*	4			
HLT 313	Nutrition*	3			
_____	Free Elective (SRM 302)	2			
_____	Free Elective (SRM 333)	3			

Senior Spring (13-15 hrs)		Cr.	Semester	Grade	Course ID
General Education Requirements					
HLG 010	Chapel	0			
Major Requirements					
EXS 413	Tests and Measurements in Exercise Science**	3			
_____	Free Elective (PHE 213)	3			
_____	Free Electives to get to 124	7-9			
_____	Exercise Science Post Test	0			

\* Offered fall semester only, \*\* Offered spring semester only, † Must be taken concurrently

This is a proposed guideline. Hannibal-LaGrange University reserves the right to make changes to degree plans without advanced notice or obligation. Students should review the HLGU Academic Catalog for policies which govern specific general education, program, and graduation requirements.