



Hannibal-LaGrange University

Bachelor of Science

Exercise Science- Training Concentration

Freshman - FALL SEMESTER - 15 hours

GENERAL EDUCATION REQUIREMENTS

- ENG 011 Freshman Seminar (1)
- ENG 104 English Composition I (3)
- MTH 143 College Algebra (3)

MAJOR REQUIREMENTS

- CHM 135 College Chemistry (5)
- EXS 113 Foundations of Exercise Science (3)

Freshman - SPRING SEMESTER - 16 hours

GENERAL EDUCATION REQUIREMENTS

- ENG 106 English Composition II (3)
- CAS 101 Introduction to Speech (3)
- BIO 105 General Biology with Lab (4)
- General Education Option I (3)

MAJOR REQUIREMENTS

- HLT 183 Personal Health & Fitness (3)

Sophomore - FALL SEMESTER - 16 hours

GENERAL EDUCATION REQUIREMENTS

- LIT 233 American Literature I (3)
- BIB 123 Old Testament Survey (3)
- Fine Art I (3)

MAJOR REQUIREMENTS

- PHE 212 First Aid and CPR (3)
- BIO 314 Human Anatomy & Physiology I with Lab or BIO 254 Essentials of Human Anatomy & Physiology I with Lab (4)

Sophomore - SPRING SEMESTER - 15 hours

GENERAL EDUCATION REQUIREMENTS

- BIB 123 New Testament Survey (3)
- LIT 243 American Literature II (3)

MAJOR REQUIREMENTS

- EXS 281-283 Practicum in Exercise Science (3)
- EXS 311 Psychology of Sport and Exercise (2)
- EXS 312 Sociology of Sport and Exercise (1)
- PHE 313 Kinesiology (3)

Junior - FALL SEMESTER - 16 hours

GENERAL EDUCATION REQUIREMENTS

- HST 213 United States History I (3)
- General Education Option (3)

MAJOR REQUIREMENTS

- EXS 223 Personal Training (3)
- EXS 344 Exercise Physiology with Lab (4)
- EXS 323 Organization and Administration of Exercise Science (3)

Junior - SPRING SEMESTER - 17-19 hours

GENERAL EDUCATION REQUIREMENTS

- HST 223 United States History II (3)
- Fine Art II (1-3)
- *PLS 131 US MO Constitutions (1)

MAJOR REQUIREMENTS

- PHE 333 Motor Development and Performance (3)
- EXS 353 Strength and Conditioning
- OR MKT 313 Principles of Marketing(3)
- MKT 313 Principles of Marketing (3)

Senior - FALL SEMESTER - 16 hours

MAJOR REQUIREMENTS

- EXS 383 Internship in Exercise Science (3)
- EXS 354 Care and Prevention of Athletic Injuries (4)
- EXS 413 Test & Measurements in Exercise Science (3)
- Elective (3)
- Elective (3)

Senior - SPRING SEMESTER - 16 hours

MAJOR REQUIREMENTS

- Elective (3)
- Elective (3)
- Elective (3)
- Elective (3)
- Elective (3)
- Elective (1)

*required for non-Missouri high school graduates

This is a proposed guideline. Please check the catalog and see your advisor for your final degree requirements.

Hannibal-LaGrange 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.