

BA or BS Exercise Science

Catalog Year
2025-2026

This document is designed as a guide for students planning their course selection and is only a suggested schedule. Actual course selections should be made with the advice and consent of the academic advisor. While accurately portraying the information contained in the College Catalog, this form is not considered a legal substitute for that document. Students should become familiar with the Catalog in effect at the time in which they enter Milligan.

FALL SEMESTER 1		
COURSE	TITLE	CREDITS
BIBL 123	Old Testament Survey	3
HUMN 101	Ancient & Medieval Cultures	4
COMM+	Speech Comm. (or other course)	3
EXSC 100	Introduction to College and Service	0.5
EXSC 175	Intro to EXSC and Sport Management	3
EXSC 101	Lifetime Wellness	1
	TOTAL CREDITS	14.5

SPRING SEMESTER 1		
COURSE	TITLE	CREDITS
BIBL 124	New Testament Survey	3
HUMN 102	Renaissance & Early Modern	4
EXSC 180	Evidence-based Practice in EXSC	3
MATH 213	Statistics	3
EXSC 208	Principles of Training	3
	TOTAL CREDITS	16

FALL SEMESTER 2		
COURSE	TITLE	CREDITS
HUMN 201	18th & 19th Cty Cultures	4
COMP 212	COMP II	4
BIOL 250	¹ Human Anatomy/Physiology	4
	Elective	3
	Elective	2
	TOTAL CREDITS	17

SPRING SEMESTER 2		
COURSE	TITLE	CREDITS
HUMN 202	Cultures of 20th & 21st Cty Cultures	4
MLGN 200	Intro to Calling & Career	0.5
EXSC 260	Sport Psychology	3
BIOL 251	Human Anatomy/Physiology	4
	Elective	3
	Elective	2
	TOTAL CREDITS	16.5

FALL SEMESTER 3		
COURSE	TITLE	CREDITS
EXSC 341	Exercise Physiology	4
EXSC 308	Measurement and Evaluation	3
	Social Learning	3
	Elective	3
	Elective	3
	TOTAL CREDITS	16

SPRING SEMESTER 3		
COURSE	TITLE	CREDITS
EXSC 352	Kinesiology & Biomechanics	4
EXSC 401	Research Methods	3
	Elective	3
	Elective	3
	Elective	3
	TOTAL CREDITS	16

FALL SEMESTER 4		
COURSE	TITLE	CREDITS
BIBL 471	Christ and Culture	3
EXSC 433	Sport Nutrition	3
EXSC 436	Exercise in Health and Disease	3
	Elective	3
	Elective	3
	Elective	1
	TOTAL CREDITS	16

SPRING SEMESTER 4		
COURSE	TITLE	CREDITS
EXSC 422	Integration of Faith and EXSC	3
EXSC 491	Fieldwork	3
	Ethnic Studies Requirement	3
	Elective	3
	Elective	3
	Elective	1
	TOTAL CREDITS	16
MINIMUM 128 NEEDED FOR GRAD		128