
BS in Exercise Science (EXSC)

Coaching for Performance concentration

Catalog Year
2022-2023

This document is designed as a guide for students pl
schedule. Actual course selections should be made v
accurately portraying the information contained in th
that document. Students should become familiar wit
Milligan.

FALL SEMESTER 1		
COURSE	TITLE	CREDITS
BIBL 123	Old Testament Survey	3
HUMN 101	Ancient & Medieval Cultures	4
MLGN 100	Intro to College & Service	0.5
EXSC 101	Fitness for Life (or elective if EXSC 271)	1
COMM 102	Speech Communication	3
	Elective	3
	Elective	1
	TOTAL CREDITS	15.5

SPRING SEMES
COURSE
BIBL 124
HUMN 102
EXSC 271
MATH 213
COMP 111

FALL SEMESTER 2		
COURSE	TITLE	CREDITS
HUMN 201	18th & 19th Cty Cultures	4
COMP 211	Found. of Analytical Composition	3
EXSC 201	Foundation of Legal Issues in PE	3
EXSC 208	Princ of Training: Speed/Strength	3
EXSC 308	Measurement & Evaluation	3
	TOTAL CREDITS	16

SPRING SEMES
COURSE
HUMN 202
MLGN 200
EXSC 260
EXSC 302

FALL SEMESTER 3		
COURSE	TITLE	CREDITS
EXSC 341	Exercise Physiology	4
EXSC 302	Coaching/Officiating	2
EXSC 322	Coaching for Character	2
	Social Learning Course	3
	Elective	3
	Elective	2

SPRING SEMES
COURSE
EXSC 352
EXSC 404
EXSC 433

	TOTAL CREDITS	16
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FALL SEMESTER 4		
COURSE	TITLE	CREDITS
BIBL 471	Christ and Culture	3
EXSC 325	Sports Communication	2
EXSC 491	Fieldwork	4
	Elective	3
	Elective	3
	Elective	1
	TOTAL CREDITS	16

SPRING SEMES
COURSE
EXSC 309
EXSC 401

* Lab Science: BIOL 150 recommended (offered Spring in odd years)

Milligan University

anning their course selection and is only a suggested
with the advice and consent of the academic advisor. While
ie Catalog, this form is not considered a legal substitute for
h the Catalog in effect at the time in which they enter

TER 1	
TITLE	CREDITS
New Testament Survey	3
Renaissance & Early Modern	4
Foundations of Wellness (Or EXSC 101)	3
Statistics	3
Composition	3
TOTAL CREDITS	16

TER 2	
TITLE	CREDITS
Cultures of 20th & 21st Cty Cultures	4
Intro to Calling & Career	0.5
Sport Psychology	3
Coaching/Officiating	2
Lab Science*	4
Elective	3
TOTAL CREDITS	16.5

TER 3	
TITLE	CREDITS
Kinesiology & Biomechanics	4
Org. & Mngt of PE and Sport	3
Sports Nutrition	2
Elective	3
Elective	3
Elective	2

TOTAL CREDITS	17
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TER 4	
TITLE	CREDITS
Sports Injuries	3
Research Methods (Recommended)	3
Ethnic Studies Course	3
Elective	3
Elective	3
TOTAL CREDITS	15
MINIMUM 128 NEEDED FOR GRAD	128