

B.S. in Exercise Science (EXSC)

Milligan University

Fitness & Wellness

Catalog Year
2020-2021

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 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
MLGN 100	Intro to College & Service	0.5
MATH 213	Statistics	3
COMM 102	Speech Communication	3
	Elective	1
	TOTAL CREDITS	14.5

SPRING SEMESTER 1		
COURSE	TITLE	CREDITS
BIBL 124	New Testament Survey	3
HUMN 102	Renaissance & Early Modern	4
EXSC 271	Wellness	3
BIOL 110	General Biology ²	4
COMP 111	Composition	3
	TOTAL CREDITS	17

FALL SEMESTER 2		
COURSE	TITLE	CREDITS
HUMN 201	18th & 19th Cty Cultures	4
COMP 211	Found. of Analytical Composition	3
BIOL 250	Anatomy & Physiology	4
EXSC 308	Measurement & Evaluation	3
	Elective	3
	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
BIOL 251	Anatomy & Physiology	4
BADM 361	Principles of Management	3
	Elective	3
	Elective	3
	TOTAL CREDITS	17.5

FALL SEMESTER 3		
COURSE	TITLE	CREDITS
EXSC 341	Exercise Physiology	4
	Social learning course	3
	Elective	3
	Elective	3
EXSC 207	Pinciples of Strength Training	2
	TOTAL CREDITS	15

SPRING SEMESTER 3		
COURSE	TITLE	CREDITS
EXSC 352	Kinesiology & Biomechanics	4
EXSC 401	Research ¹	3
	Elective	2
	Elective	3
	Elective	3
	TOTAL CREDITS	15

FALL SEMESTER 4		
COURSE	TITLE	CREDITS
EXSC 436	Exercise Health & Disease	3
EXSC 307	Recreation Leadership	2
	Elective	3
	Elective	3
	Elective	3
	Elective	2
	TOTAL CREDITS	16

SPRING SEMESTER 4		
COURSE	TITLE	CREDITS
BIBL 471	Christ & Culture	3
EXSC 491	Internship	6
	Ethnic Studies Class	3
	Elective	4
	TOTAL CREDITS	16

MINIMUM 128 NEEDED FOR GRAD 128

¹ Offered only Spring of odd numbered years

² Biology 110 is recommended for students whose previous experience in Biology has not adequately prepared them for Anatomy and Physiology. Students should discuss this with their advisor before registering for spring classes.