

# B.S. in Exercise Science (EXSC)

Milligan University

Physical Education Concentration, K-12 Teacher Education Specialty Licensure

Catalog Year  
2021-22

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         |
| EDUC 150        | Introduction to Teaching    | 2           |
| COMM 102        | Speech Communication        | 3           |
|                 | Elective                    | 3           |
|                 |                             |             |
|                 |                             |             |
|                 | <b>TOTAL CREDITS</b>        | <b>15.5</b> |

| SPRING SEMESTER 1 |   |           |
|-------------------|---|-----------|
| COURSE            | TITLE   | CREDITS   |
| BIBL 124          | New Testament Survey                            | 3         |
| HUMN 102          | Renaissance & Early Modern                      | 4         |
| BIOL 150          | <sup>3</sup> Essentials of Human Anatomy and Ph | 4         |
| MATH 213          | Statistics                                      | 3         |
| COMP 111          | Composition                                     | 3         |
| EDUC 152          | Technology in Education                         | 1         |
|                   |   |           |
|                   |   |           |
|                   | <b>TOTAL CREDITS</b>                            | <b>18</b> |

| FALL SEMESTER 2 |                                    |           |
|-----------------|------------------------------------|-----------|
| COURSE          | TITLE                              | CREDITS   |
| HUMN 201        | 18th & 19th Cty Cultures           | 4         |
| COMP 211        | Found. of Analytical Composition   | 3         |
| EXSC 201        | Foundations & Legal Issues         | 3         |
| EXSC 108        | Folk Dance & Rhythmical Activities | 1         |
| EXSC 405        | Motor Behavior                     | 2         |
|                 | General Elective                   | 3         |
|                 |                                    |           |
|                 |                                    |           |
|                 | <b>TOTAL CREDITS</b>               | <b>16</b> |

| SPRING SEMESTER 2 |                                      |             |
|-------------------|--------------------------------------|-------------|
| COURSE            | TITLE                                | CREDITS     |
| HUMN 202          | Cultures of 20th & 21st Cty Cultures | 4           |
| MLGN 200          | Intro to Calling & Career            | 0.5         |
| PSYC 252          | Developmental Psychology             | 3           |
| EXSC 308          | Measurement & Evaluation             | 3           |
| EXSC 271          | Wellness                             | 3           |
| EXSC 104          | Swimming                             | 1           |
|                   | Elective                             | 1           |
|                   |                                      |             |
|                   | <b>TOTAL CREDITS</b>                 | <b>15.5</b> |

| FALL SEMESTER 3 |                                  |           |
|-----------------|----------------------------------|-----------|
| COURSE          | TITLE                            | CREDITS   |
| EXSC 341        | Exercise Physiology              | 4         |
| PSYC 356        | Cross Cultural Psychology        | 3         |
| EXSC 370        | Secondary PE methods             | 4         |
| EDUC 306        | Middle Grades/Secondary Foundati | 3         |
|                 | General Elective                 | 3         |
|                 |                                  |           |
|                 |                                  |           |
|                 | <b>TOTAL CREDITS</b>             | <b>17</b> |

| SPRING SEMESTER 3 |                                 |           |
|-------------------|---------------------------------|-----------|
| COURSE            | TITLE                           | CREDITS   |
| EXSC 352          | Kinesiology & Biomechanics      | 4         |
|                   | General Elective                | 4         |
| EXSC 207          | Principles of Strength Training | 2         |
| EXSC 404          | Org & Mgt of PE and Sports      | 3         |
| EDUC 234          | Classroom Management            | 2         |
| EDUC 357          | Content Area Reading            | 3         |
|                   |                                 |           |
|                   |                                 |           |
|                   | <b>TOTAL CREDITS</b>            | <b>18</b> |

| FALL SEMESTER 4 |                            |           |
|-----------------|----------------------------|-----------|
| COURSE          | TITLE                      | CREDITS   |
|                 | Elective                   | 3         |
| EXSC 350        | Elementary PE methods      | 4         |
| BIBL 471        | Christ & Culture           | 3         |
| EXSC 162        | Aerobic Fitness            | 1         |
| EXSC 406        | Adapted Physical Education | 2         |
|                 | General Elective           | 3         |
|                 |                            |           |
|                 |                            |           |
|                 | <b>TOTAL CREDITS</b>       | <b>16</b> |

| SPRING SEMESTER 4                  |                       |            |
|------------------------------------|-----------------------|------------|
| COURSE                             | TITLE                 | CREDITS    |
| EDUC 455                           | Student Teaching K-12 | 12         |
| EDUC 460                           | Capstone Seminar      | 1          |
|                                    |                       |            |
|                                    |                       |            |
|                                    |                       |            |
|                                    |                       |            |
|                                    |                       |            |
|                                    | <b>TOTAL CREDITS</b>  | <b>13</b>  |
| <b>MINIMUM 128 NEEDED FOR GRAD</b> |                       | <b>129</b> |

<sup>3</sup> This course is only offered every other year and should be taken as soon as possible. If it not offered the freshman year, good alternatives could be EXSC 271 or EXSC 308.