

# Exercise Science Major (Tentative)

Catalog Year  
2023-2024

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           |
| MLGN 100        | Intro to College & Service  | 0.5         |
| COMM 102        | Speech Communication        | 3           |
| EXSC 175        | Intro to EXSC and Sport     | 3           |
| EXSC 101        | Fitness for Life            | 1           |
|                 |                             |             |
|                 |                             |             |
|                 |                             |             |
|                 | <b>TOTAL CREDITS</b>        | <b>14.5</b> |

| SPRING SEMESTER 1 |   |           |
|-------------------|---|-----------|
| COURSE            | TITLE                                       | CREDITS   |
| BIBL 124          | New Testament Survey                        | 3         |
| HUMN 102          | Renaissance & Early Modern                  | 4         |
| EXSC 180          | Evidence-based Practice in Exercise Science | 3         |
| MATH 213          | Statistics                                  | 3         |
| COMP 111          | Composition                                 | 3         |
|                   |   |           |
|                   |   |           |
|                   |   |           |
|                   | <b>TOTAL CREDITS</b>                        | <b>16</b> |

| FALL SEMESTER 2 |                                   |           |
|-----------------|-----------------------------------|-----------|
| COURSE          | TITLE                             | CREDITS   |
| HUMN 201        | 18th & 19th Cty Cultures          | 4         |
| COMP 211        | Found. of Analytical Composition  | 3         |
| BIOL 250        | Human Anatomy/Physiology          | 4         |
| EXSC 208        | Princ of Training: Speed/Strength | 3         |
|                 | Elective                          | 3         |
|                 |                                   |           |
|                 |                                   |           |
|                 |                                   |           |
|                 | <b>TOTAL CREDITS</b>              | <b>17</b> |

| 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                             | 3           |
|                   |                                      |             |
|                   | <b>TOTAL CREDITS</b>                 | <b>17.5</b> |

| FALL SEMESTER 3 |                            |           |
|-----------------|----------------------------|-----------|
| COURSE          | TITLE                      | CREDITS   |
| EXSC 341        | Exercise Physiology        | 4         |
| EXSC 308        | Measurement and Evaluation | 3         |
|                 | Social Learning            | 3         |
|                 | Elective                   | 3         |
|                 | Elective                   | 3         |
|                 |                            |           |
|                 |                            |           |
|                 | <b>TOTAL CREDITS</b>       | <b>16</b> |

| SPRING SEMESTER 3 |                            |           |
|-------------------|----------------------------|-----------|
| COURSE            | TITLE                      | CREDITS   |
| EXSC 352          | Kinesiology & Biomechanics | 4         |
| EXSC 401          | Research Methods           | 3         |
|                   | Elective                   | 3         |
|                   | Elective                   | 3         |
|                   | Elective                   | 3         |
|                   |                            |           |
|                   |                            |           |
|                   | <b>TOTAL CREDITS</b>       | <b>16</b> |

| 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         |
|                 |                                |           |
|                 |                                |           |
|                 | <b>TOTAL CREDITS</b>           | <b>16</b> |

| SPRING SEMESTER 4                  |                                 |            |
|------------------------------------|---------------------------------|------------|
| COURSE                             | TITLE                           | CREDITS    |
| EXSC 422                           | Faith and the Exercise Sciences | 3          |
| EXSC 491                           | Fieldwork                       | 3          |
|                                    | Ethnic Studies Course           | 3          |
|                                    | Elective                        | 3          |
|                                    | Elective                        | 3          |
|                                    |                                 |            |
|                                    |                                 |            |
|                                    | <b>TOTAL CREDITS</b>            | <b>15</b>  |
| <b>MINIMUM 128 NEEDED FOR GRAD</b> |                                 | <b>128</b> |

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