



Bachelor of Science in Exercise Science Degree Program Checklist

Student: _____ ID#: _____ Advisor: _____

| <u>Class</u> | <u>Hours</u> | <u>Grade</u> | <u>Semester</u> |
|----------------------------------------------------------|--------------|--------------|-----------------|
| General Education (40 Hours): | | | |
| CO 105 Introduction to Public Speaking | 3 | _____ | _____ |
| EN 101 Composition | 3 | _____ | _____ |
| EN 102 Composition and Literature | 3 | _____ | _____ |
| ES 100 Physical Well Being | 2 | _____ | _____ |
| *Choose 1: HI 201 American History I | | | |
| HI 202 American History II | 3 | _____ | _____ |
| PH 210 Introduction to Logic | 3 | _____ | _____ |
| PO 101 American National Government | 3 | _____ | _____ |
| *Choose 1: PY 210 General Psychology | | | |
| PY 220 Human Growth & Development | | | |
| PY 260 Brain and Behavior | 3 | _____ | _____ |
| **TM 100 Pathfinders | 1 | _____ | _____ |
| *Choose 1: AR 105 Art Appreciation & Criticism | | | |
| EN 201 or EN 202 English Literature Survey I or II | | | |
| EN 221 or EN 222 World Masterpieces Survey I or II | | | |
| EN 231 or EN 232 American Literature Survey I or II | | | |
| FA 110 Art, Literature, & Music Appreciation & Worldview | | | |
| MU 105 Music Appreciation | | | |
| TH 101 Theatre Appreciation | 3 | _____ | _____ |
| NS 101 & Science with Lab*** | 1 | _____ | _____ |
| Great Commission Studies: | | | |
| CS 101 Bible Survey | 3 | _____ | _____ |
| *Choose 1: CS 120 Theological Survey | | | |
| CS 322 Christian Theology I | | | |
| CS 323 Christian Theology II | 3 | _____ | _____ |
| CS 230 History of the Free Church | 3 | _____ | _____ |
| MI 201 Great Commission Living | 3 | _____ | _____ |

* Major required courses may not also be counted as General Education.

** First time college students entering TMU with a High School GPA below 3.0 are required to take TM 101A, 0 credit study skills course, along with TM 100.

*** Exercise Science students must take BI 107 (in lieu of BI 101) and NS 101.

| <u>Class</u> | <u>Hours</u> | <u>Grade</u> | <u>Semester</u> |
|------------------------------------|--------------|--------------|-----------------|
| Support Courses (38 Hours): | | | |
| BI 107 Principles of Biology I | 4 | _____ | _____ |
| BI 108 Principles of Biology II | 4 | _____ | _____ |
| BI 212 Anatomy and Physiology I | 4 | _____ | _____ |
| BI 213 Anatomy and Physiology II | 4 | _____ | _____ |
| CH 121 General Chemistry I | 4 | _____ | _____ |
| CH 122 General Chemistry II | 4 | _____ | _____ |
| MA 102 College Algebra | 3 | _____ | _____ |
| MA 200 Statistics | 3 | _____ | _____ |
| PX 101 Intro to Physics I | 4 | _____ | _____ |
| PX 102 Intro to Physics II | 4 | _____ | _____ |

Major Courses (34 Hours):

| | | | |
|--------------------------------------------------|---|-------|-------|
| ES 110 Introduction to Exercise Science | 1 | _____ | _____ |
| ES 210 Corporate Wellness | 3 | _____ | _____ |
| ES 300 Essentials of Sports Medicine | 3 | _____ | _____ |
| ES 310 Physiology of Exercise w/Lab | 4 | _____ | _____ |
| ES 320 Anatomical Kinesiology w/Lab | 4 | _____ | _____ |
| ES 340 Exercise Prescription/Fitness Assessment | 4 | _____ | _____ |
| ES 350 Human Nutrition | 3 | _____ | _____ |
| ES 410 Physiological Aspects Training for Sports | 4 | _____ | _____ |
| ES 420 Psychological Aspects of Athletic Perform | 3 | _____ | _____ |
| ES 498 Capstone Research | 3 | _____ | _____ |
| ES 499 Capstone Presentation and Paper | 2 | _____ | _____ |

300/400 Level Electives (12 hours):

| | | | |
|-------|-----|-------|-------|
| _____ | 1-4 | _____ | _____ |
| _____ | 1-4 | _____ | _____ |
| _____ | 1-4 | _____ | _____ |
| _____ | 1-4 | _____ | _____ |

Degree Requirement:

This degree requires a grade of C or higher in all math and science courses.
 Accumulation of 3 D's or F's in any major related courses will result in dismissal from the major.

TOTAL HOURS 124