

BACHELOR OF SCIENCE EXERCISE SCIENCE



THOMAS MORE
UNIVERSITY

Approved Sample Curriculum

First Year

Fall	CR	Spring	CR
FYE 150 First-Year Exploration	1	Communication Core	3
EXS 105 Foundations of Exercise Science	3	History Core	3
CHE 111 / 111L General Chemistry I w/ Lab	4	CHE 113/ 113L General Chemistry II w/ Lab	4
ENG 150 Literature, Writing, and Research	3	EXS 150 Science for Society – Health and Wellness	4
PSY 105 General Psychology	3	Philosophy Core #1	1
Subtotal	14	Subtotal	15

Second Year

Fall	CR	Spring	CR
EXS 250 Kinesiology	3	Foreign Language	3
BIO 112 / 112L Anatomy and Physiology I w/ lab	4	BIO 212 / 212L Anatomy Physiology II w/ Lab	4
EXS 220 Foundations of Sports Nutrition	2	EXS 224 Sports Nutrition	3
MAT 205 Statistics	3	Fine Art Core	3
Theology Core	3	Theology Core	3
Subtotal	15	Subtotal	16

Third Year

Fall	CR	Spring	CR
EXS 350 Techniques in Strength and Conditioning	3	EXS 320 Biomechanics	4
PHY 121 / 121L Elements of Physics w/ Lab	4	EXS 360 Prevention and Care of Injuries	3
ENG 200+ (Composition Core Requirement)	3	EXS 460 Exercise Prescription	3
PHI 214 Sports and Ethics or PHI 216, Biomedical Ethics (Philosophy Core #2)	3	Outer Core or Free Elective	3
Outer Core or Free Elective	3	Outer Core or Free Elective	3
Subtotal	16	Subtotal	17

Fourth Year

Fall	CR	Spring	CR
EXS 400 Special Topics in Exercise Science	3	EXS 330 Sports Pharmacology	3
EXS 430 Exercise Physiology w/ Lab	4	EXS 480 Research Methods	3
EXS 490 Practicum I	3	EXS 491 Practicum II	3
Outer Core or Free Elective	3	Outer Core or Free Elective	3
Outer Core or Free Elective	3	Outer Core or Free Elective	3
Subtotal	16	Subtotal	15

Total Credits: 120+

*To check pre-requisites and co-requisites, please see the catalog

***This sample curriculum is recommended but not required

Last Updated: Summer 2025