

# BACHELOR OF SCIENCE EXERCISE SCIENCE



THOMAS MORE  
UNIVERSITY

## 2020 – 2021 Sample Curriculum

### First Year

Fall	CR	Spring	CR
FYE150 First-Year Exploration	1	COM105 Fundamentals of Public Speaking	3
EXS105 Foundations of Exercise Science	3	PSY105 General Psychology	3
CHE111/111L General Chemistry I w/Lab	4	CHE113/113L General Chemistry II w/Lab	4
ENG150 Literature, Writing and Research	3	EXS150 Principles of Health and Wellness	3
Social Science Core	3	HIS102 World Civilizations	3
		CEH110 Exploring Identity: CEHS Diversity Series I	1
<b>Subtotal</b>			<b>Subtotal</b>

### Second Year

Fall	CR	Spring	CR
EXS250 Kinesiology	3	Fine Art Core	3
BIO211/211L Anatomy & Physiology I w/Lab	4	BIO212/212L	4
Foreign Language Core	3	Foreign Language Core	3
EXS220 Foundations of Sports Nutrition	3	Theology – Sacred Scripture Core	3
MAT205 Introductory Statistics	4	EXS224 Sport Nutrition	3
		CEH210 Exploring Diversity: CEHS Diversity Series II	1
<b>Subtotal</b>			<b>Subtotal</b>

### Third Year

Fall	CR	Spring	CR
EXS350 Techniques in Strength and Conditioning	3	EXS320 Biomechanics	4
PHY121/121L Elements of Physics I w/Lab	4	EXS330 Sports Pharmacology	3
ENG200+	3	LAW105 Introduction to Law	3
Theology – Sacred Scripture	3	Fine Art Core	3
	3	CEH310 Exploring Justice: CEHS Diversity Series III	1
<b>Subtotal</b>			<b>Subtotal</b>

### Fourth Year

Fall	CR	Spring	CR
EXS400 Special Topics in Exercise Science	3	EXS460 Exercise Prescription	3
EXS430 Exercise Physiology w/Lab	4	EXS491 Practicum II	6
EXS480 Research Methods	3	Philosophy Core	3
EXS490 Practicum I	3	THE425 Social Issues	3
Philosophy Core	3	CEH410 Taking Action: CEHS Diversity Series IV	3
<b>Subtotal</b>			<b>Subtotal</b>

**Total Credits: 135**