

BACHELOR OF SCIENCE EXERCISE SCIENCE



THOMAS MORE
UNIVERSITY

Approved Degree Requirements Checklist

SECOND CENTURY CORE CURRICULUM REQUIREMENTS	CREDIT HOURS
INNER CORE REQUIREMENTS	
FIRST YEAR SEMINAR (For First-Year Students only)	1
<input type="checkbox"/> FYE 150, First Year Exploration	
COMMUNICATION	3
<input type="checkbox"/> _____	
ENGLISH 150	3
<input type="checkbox"/> ENG 150, Literature, Writing and Research	
ENGLISH 200+	3
<input type="checkbox"/> _____	
FINE ARTS (ART, ENG CW, MUS, THR)	3
<input type="checkbox"/> _____	
FOREIGN LANGUAGE (FRE, GER, LAN, LAT, SPA)	3
<input type="checkbox"/> _____	
HISTORY	3
<input type="checkbox"/> _____	
MATHEMATICS (MAT 121+)	0
<input checked="" type="checkbox"/> Included in major requirements	
NATURAL SCIENCE LECTURE (NSB, NSC, NSP, EXS150, BIO, CHE, PHY)	0
<input checked="" type="checkbox"/> Included in major requirements	
NATURAL SCIENCE LAB (NSB, NSC, NSP, EXS150, BIO, CHE, PHY)	0
<input checked="" type="checkbox"/> Included in major requirements	
PHILOSOPHY	1-3
<input checked="" type="checkbox"/> Included in major requirements	
<input type="checkbox"/> _____	
SOCIAL SCIENCE (ECO, LAW, POS, PSY, SOC)	0
<input checked="" type="checkbox"/> Included in major requirements	
THEOLOGY	6
<input type="checkbox"/> _____	
<input type="checkbox"/> _____	
Included in major requirements	26-28

OUTER CORE REQUIREMENTS (Select one.)	
<input type="checkbox"/> Second Major: _____	
<input type="checkbox"/> Minor: _____	
<input type="checkbox"/> Outer Core Sequence (9 Hours)	

MAJOR REQUIREMENTS	CREDIT HOURS
MAJOR	
EXERCISE SCIENCE	47
<input type="checkbox"/> EXS 105, Foundations of Exercise Science	
<input type="checkbox"/> EXS 150, Principles of Health and Wellness	
<input type="checkbox"/> EXS 220, Foundations of Sports Nutrition	
<input type="checkbox"/> EXS 224, Sports Nutrition	
<input type="checkbox"/> EXS 250, Kinesiology	
<input type="checkbox"/> EXS 320, Biomechanics	
<input type="checkbox"/> EXS 330, Sports Pharmacology	
<input type="checkbox"/> EXS 350, Techniques in Strength and Conditioning	
<input type="checkbox"/> EXS 360, Prevention and Care of Injuries	
<input type="checkbox"/> EXS 400, Special Topics in Exercise Science	
<input type="checkbox"/> EXS 430, Exercise Physiology	
<input type="checkbox"/> EXS 460, Exercise Prescription	
<input type="checkbox"/> EXS 480, Research Methods	
<input type="checkbox"/> EXS 490, Practicum I	
<input type="checkbox"/> EXS 491, Practicum II	
CHEMISTRY	8
<input type="checkbox"/> CHE 111/111L, General Chemistry I with Lab	
<input type="checkbox"/> CHE 113/113L, General Chemistry II with Lab	
BIOLOGY	8
<input type="checkbox"/> BIO 211/211L, Anatomy and Physiology I with Lab	
<input type="checkbox"/> BIO 212/212L, Anatomy and Physiology II with Lab	
MATH	3
<input type="checkbox"/> MAT 205, Introductory Statistics	
PHYSICS	4
<input type="checkbox"/> PHY 121/121L, Elements of Physics I with Lab	
SUPPORTING COURSES	6
<input type="checkbox"/> PSY 105, Intro to Psychology	
<input type="checkbox"/> PHI 214 OR PHI 216	
EXPERIENTIAL LEARNING	0
<input checked="" type="checkbox"/> EXS 490, Practicum I	
<input checked="" type="checkbox"/> EXS 491, Practicum II	

Total hours of Exercise Science Requirements	76
Total hours required for any bachelor's degree	120+

Updated Spring 2025