

# BACHELOR OF SCIENCE EXERCISE AND HEALTH STRATEGIES



THOMAS MORE  
UNIVERSITY

## 2020 – 2021 Sample Curriculum

### First Year

Fall	CR	Spring	CR
FYE150 First-Year Exploration	1	COM Core Requirement	3
EXS105 Foundations of Exercise Science	3	EXS 150 Principles of Health and Wellness	3
CHE103/103L Basic Chemistry I w/Lab	4	CHE104/104L Basic Chemistry II w/Lab	4
ENG150 Literature, Writing and Research	3	CIS 111 Introduction to Computer Information Systems	3
HIS Core Requirement	3	HIS Core Requirement	3
		CEH 110, Exploring Identity: CEHS Diversity Series I	1
<b>Subtotal</b>			<b>Subtotal</b>

### Second Year

Fall	CR	Spring	CR
EXS250 Kinesiology	3	EXS 260 Motor Learning and Behavior	3
Course for Concentration	3	NSC 209A Biology of the Human (no lab)	3
Foreign Language	3	Foreign Language	3
PSY 208 Statistics for Behavioral Sciences	3	Course for Concentration	3
PSY 105 Introduction to Psychology	3	EXS224 Sports Nutrition	3
		CEH 210, 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	EXS 380 Exercise Adaptations for fitness professionals	4
EXS 310 Principles of Biomechanics	4	Fine Art	3
ENG200+	3	PHI Core Requirement	3
Theology – Sacred Scripture	3	Course for Concentration	3
PHI Core Requirement	3	THE-Systematic	3
		CEH 310, 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
Fine Art	3	EXS 491 Practicum II	6
THE 425 Senior Seminar	3	Elective	3
EXS490 Practicum I	3	Elective	3
Social Science Core Requirement	3	CEH 410, Taking Action: CEHS Diversity Series IV	3
<b>Subtotal</b>			<b>Subtotal</b>

**Total Credits: 130**