

# BACHELOR OF SCIENCE

## EXERCISE AND HEALTH STRATEGIES



THOMAS MORE  
UNIVERSITY

### 2020 – 2021 Degree Requirements Checklist

CORE CURRICULUM REQUIREMENTS*	CREDIT HOURS
<b>FIRST YEAR SEMINAR</b>	<b>1</b>
<input type="checkbox"/> FYE 150, First Year Exploration	
<b>ENGLISH</b>	<b>6</b>
<input type="checkbox"/> ENG 150, Literature, Writing and Research	
<input type="checkbox"/> ENG 200+: _____	
<b>MATHEMATICS</b>	<b>3</b>
<input checked="" type="checkbox"/> Fulfilled within the major requirements	
<b>SOCIAL SCIENCE</b>	<b>6</b>
<input checked="" type="checkbox"/> Fulfilled within the major requirements	
<input type="checkbox"/> _____	
<b>COMMUNICATION</b>	<b>3</b>
<input type="checkbox"/> _____	
<b>HISTORY</b>	<b>6</b>
<input type="checkbox"/> _____	
<input type="checkbox"/> _____	
<b>FOREIGN LANGUAGE (two semesters in same language)</b>	<b>3-6</b>
<input type="checkbox"/> _____	
<input type="checkbox"/> _____	
<b>NATURAL SCIENCE</b>	<b>6-7</b>
<input checked="" type="checkbox"/> Fulfilled within the major requirements	
<input checked="" type="checkbox"/> Fulfilled within the major requirements	
<b>PHILOSOPHY</b>	<b>6</b>
<input checked="" type="checkbox"/> Fulfilled within the major requirements	
<input type="checkbox"/> _____	
<b>FINE ARTS (Art, Music, Theatre or Creative Writing courses)</b>	<b>5-6</b>
<input type="checkbox"/> _____	
<input type="checkbox"/> _____	
<b>THEOLOGY</b>	<b>6</b>
<input type="checkbox"/> Systematic Theology course: _____	
<input type="checkbox"/> Sacred Scripture course: _____	
<b>SENIOR THEOLOGY</b>	<b>3</b>
<input type="checkbox"/> _____	
<b>TOTAL HOURS OF CORE REQUIREMENTS</b>	<b>56-61</b>
<b>COLLEGE OF HEALTH SCIENCES DIVERSITY SERIES</b>	<b>6</b>
<input type="checkbox"/> CEH 110, Exploring Identity: CEHS Diversity Series I	
<input type="checkbox"/> CEH 210, Exploring Diversity: CEHS Diversity Series II	
<input type="checkbox"/> CEH 310, Exploring Justice: CEHS Diversity Series III	
<input type="checkbox"/> CEH 410, Taking Action: CEHS Diversity Series IV	

MAJOR CORE REQUIREMENTS	CREDIT HOURS
<b>EXERCISE SCIENCE</b>	<b>44</b>
<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 260, Motor Learning and Behavior	
<input type="checkbox"/> EXS 310, Principles of Biomechanics	
<input type="checkbox"/> EXS 350, Techniques in Strength and Conditioning	
<input type="checkbox"/> EXS 380, Exercise Adaptations for Fitness Professionals	
<input type="checkbox"/> EXS 400, Special Topics in Exercise Science	
<input type="checkbox"/> EXS 460, Exercise Prescription	
<input type="checkbox"/> EXS 490, Practicum I	
<input type="checkbox"/> EXS 491, Practicum II	
<b>CHEMISTRY</b>	<b>8</b>
<input type="checkbox"/> CHE 103/103L, Basic Chemistry I with Lab	
<input type="checkbox"/> CHE 104/104L, Basic Chemistry II with Lab	
<b>SUPPORT COURSES</b>	<b>15</b>
<input type="checkbox"/> CIS 111, Introduction to Computer Information Systems	
<input type="checkbox"/> NSB 209A, Biology of the Human	
<input type="checkbox"/> PHI 214, Sports & Ethics	
<input type="checkbox"/> PSY 105, General Psychology	
<input type="checkbox"/> PSY 201/MAT 208, Statistics for the Behavioral Sciences	
<b>CONCENTRATION (9 credit hours in one area, one course must be 300-level or above)</b>	<b>9</b>
<b>Business</b>	
<input type="checkbox"/> BUA 105, Introduction to Business	
<input type="checkbox"/> BUA 207, Small Business Management	
<input type="checkbox"/> BUA 291, Business Law I	
<input type="checkbox"/> BUA 301, Organization and Management	
<input type="checkbox"/> SEM 380, Legal Issues in Sports and Entertainment Mktg	
<b>Personal Health</b>	
<input type="checkbox"/> PSY 205, Social Psychology	
<input type="checkbox"/> PSY 209, Workplace Psychology	
<input type="checkbox"/> PSY 214, Lifespan Development	
<input type="checkbox"/> PSY 311, Motivation	
<b>Community Health</b>	
<input type="checkbox"/> NSB 255B, Introduction to Public Health	
<input type="checkbox"/> POS 206, State and Local Government	
<input type="checkbox"/> POS 215, Introduction to Public Administration	
<input type="checkbox"/> POS 370, Understanding Public Policy	
<input type="checkbox"/> SOC 215, Social Psychology	
<input type="checkbox"/> SOC 216, Class, Race and Gender	
<input type="checkbox"/> SOC 217, Social Problems	
<input type="checkbox"/> SOC 304, Substance Abuse	
<b>Information Systems</b>	
<input type="checkbox"/> CIS 111, Introduction to Computer Information Systems – OR – CIS 113, Computer Applications and Hardware	
<input type="checkbox"/> CIS 240, Introduction to Web Page Design	
<input type="checkbox"/> MIS 320, Database Management Systems	
<input type="checkbox"/> MIS 405, IT Project Management	
<input type="checkbox"/> MIS 450, Business Intelligence	
<b>Sports Administration</b>	
<input type="checkbox"/> EXS 205, Foundations of Sports Management	
<input type="checkbox"/> EXS 301, Sports Public Relations	
<input type="checkbox"/> EXS 305, Sport Venue Management	
<b>Orthopedic Technology</b>	
<input type="checkbox"/> EXS 210, Ortho Skeletal Anat & Radiology for Ortho Tech	
<input type="checkbox"/> EXS 215, Ortho Casting Techniques for Ortho Tech	
<input type="checkbox"/> EXS 315, Advanced Treatment of Fractures	
<b>EXPERIENTIAL LEARNING</b>	<b>-</b>
<input checked="" type="checkbox"/> EXS 490, Practicum I AND EXS 491, Practicum II	
<b>TOTAL HOURS OF EXERCISE AND HEALTH STRATEGIES CORE</b>	<b>76</b>

\*Please reference the 2020 Core column on the Schedule of Classes for core options

**TOTAL HOURS REQUIRED FOR ANY BACHELOR DEGREE**

Students admitted during or after Fall 2017	120
Students admitted before Fall 2017	128