

BACHELOR OF ARTS

EXERCISE AND HEALTH STRATEGIES



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+)	3
<input type="checkbox"/> _____	
NATURAL SCIENCE LECTURE (NSB, NSC, NSP, EXS150, BIO, CHE, PHY)	3/4
<input type="checkbox"/> <u>FULFILLED WITHIN THE MAJOR REQUIREMENTS</u>	
NATURAL SCIENCE LAB (NSB, NSC, NSP, EXS150, BIO, CHE, PHY)	0/1
<input type="checkbox"/> <u>FULFILLED WITHIN THE MAJOR REQUIREMENTS</u>	
PHILOSOPHY	4
<input checked="" type="checkbox"/> <u>FULFILLED WITHIN THE MAJOR REQUIREMENTS</u>	
<input type="checkbox"/> _____	
SOCIAL SCIENCE (ECO, LAW, POS, PSY, SOC)	3
<input checked="" type="checkbox"/> <u>FULFILLED WITHIN THE MAJOR REQUIREMENTS</u>	
THEOLOGY	6
<input type="checkbox"/> _____	
<input type="checkbox"/> _____	
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
EXERCISE SCIENCE	35
<input type="checkbox"/> EXS 105, Foundations of Exercise Science	
<input type="checkbox"/> EXS 150, Science for Society—Health and Wellness	
<input type="checkbox"/> EXS 220, Introduction to Sports Nutrition	
<input type="checkbox"/> EXS 224, Applied 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	
CHEMISTRY	8
<input type="checkbox"/> CHE 103/103L, Basic Chemistry I with Lab	
<input type="checkbox"/> CHE 104/104L, Basic Chemistry II with Lab	
SUPPORTING COURSES	13
<input type="checkbox"/> MAT 205, Introductory Statistics	
<input type="checkbox"/> NSB 209, Biology of the Human w/ Lab	
<input type="checkbox"/> PHI 214, Sports and Ethics	
<input type="checkbox"/> PSY 105, Introduction to Psychology	
EXPERIENTIAL LEARNING	6
<input type="checkbox"/> EXS 490, Practicum I AND EXS 491, Practicum II	

TOTAL HOURS OF EXERCISE AND HEALTH STRATEGIES CORE **62**

TOTAL HOURS REQUIRED FOR DEGREE **120**

Last Updated: Spring 2024