

BACHELOR OF SCIENCE

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+)	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"/> _____	
Total hours of core 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	41
<input type="checkbox"/> EXS 105, Foundations of Exercise Science	
<input type="checkbox"/> EXS 150, 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	
<input type="checkbox"/> EXS 490, Practicum I	
<input type="checkbox"/> EXS 491, Practicum II	
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	12
<input type="checkbox"/> MAT 205, Introductory Statistics	
<input type="checkbox"/> NSB 209, Biology of the Human	
<input type="checkbox"/> PHI 214, Sports and Ethics	
<input type="checkbox"/> PSY 105, Introduction to Psychology	
CONCENTRATIONS	9
Business	
<input type="checkbox"/> BUA 105, 207, or 291; BUA 301	
1)_____ 2)_____ 3)_____	
Personal Health	
<input type="checkbox"/> PSY 205, 209, or 214; PSY 311	
1)_____ 2)_____ 3)_____	
Community Health	
<input type="checkbox"/> SOC 215, 216, or 217, SOC 304; POS 206 or 215, SOC 370; PBH 220; or NSB 255	
1)_____ 2)_____ 3)_____	
Information Systems	
<input type="checkbox"/> CIS 111 or 113, 240; MIS 320, 405, or 450	
1)_____ 2)_____ 3)_____	
Sports Administration	
<input type="checkbox"/> EXS 205, 301, and 305	
1)_____ 2)_____ 3)_____	
Orthopedic Technology	
<input type="checkbox"/> EXS 210, 215, and 315	
1)_____ 2)_____ 3)_____	
EXPERIENTIAL LEARNING	0
<input checked="" type="checkbox"/> EXS 490, Practicum I	
<input checked="" type="checkbox"/> EXS 491, Practicum II	

Total hours of Exercise and Health Strategies Requirements **70**

Total hours required for any bachelor's degree **120+**

Updated Spring 2025