

BACHELOR OF SCIENCE EXERCISE AND HEALTH STRATEGIES



THOMAS MORE
UNIVERSITY

2021 – 2022 Sample Curriculum

First Year

Fall	CR	Spring	CR
FYE150 First-Year Exploration	1	COM Core Requirement	3
EXS 105 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
Subtotal			Subtotal
	14		17

Second Year

Fall	CR	Spring	CR
EXS 250 Kinesiology	3	EXS 260 Motor Learning and Behavior	3
Course for Concentration	3	NSB 209A Biology of the Human (no lab)	3
Foreign Language	3	Foreign Language	3
PSY 201 Statistics for Behavioral Sciences	3	Course for Concentration	3
PSY 105 Introduction to Psychology	3	EXS 224 Sports Nutrition	3
EXS 220 Foundations of Sports Nutrition		CEH 210, Exploring Diversity: CEHS Diversity Series II	1
Subtotal			Subtotal
	15		16

Third Year

Fall	CR	Spring	CR
EXS 350 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 214 Sports & Ethics	3	THE-Systematic	3
		CEH 310, Exploring Justice: CEHS Diversity Series III	1
Subtotal			Subtotal
	16		17

Fourth Year

Fall	CR	Spring	CR
EXS 400 Special Topics in Exercise Science	3	EXS 460 Exercise Prescription	3
Fine Art	3	EXS 491 Practicum II	6
THE 425 Senior Seminar	3	Elective	3
EXS 490 Practicum I	3	Elective	3
Social Science Core Requirement	3	CEH 410, Taking Action: CEHS Diversity Series IV	3
Subtotal			Subtotal
	15		18

Total Credits: 130