

BACHELOR OF SCIENCE

EXERCISE AND HEALTH STRATEGIES



THOMAS MORE
UNIVERSITY

Approved Sample Curriculum

First Year

Fall	CR	Spring	CR
FYE 150 First-Year Exploration	1	Communication Core	3
EXS 105 Foundations of Exercise Science	3	EXS 150 Science for Society – Health and Wellness	4
CHE 103/103L Basic Chemistry I w/Lab	4	CHE 104/104L Basic Chemistry II w/Lab	4
ENG 150 Literature, Writing and Research	3	Theology Core	3
History Core	3	Philosophy Core #1	1
Subtotal		Subtotal	
14		15	

Second Year

Fall	CR	Spring	CR
EXS 250 Kinesiology	3	EXS 260 Motor Learning and Behavior	3
EXS 220 Introduction to Sports Nutrition	2	NSB 209 Biology of the Human w/ Lab	4
Foreign Language	3	Fine Art Core	3
MAT 205 Statistics	3	EXS 224 Applied Sports Nutrition	3
PSY 105 Introduction to Psychology	3	Outer Core or Free Elective	3
Subtotal		Subtotal	
14		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	Outer Core or Free Elective	3
ENG 200+ Core	3	Theology Core	3
Course for Concentration	3	Course for Concentration	3
PHI 214 Sports and Ethics (Philosophy Core #2)	3	Outer Core or Free Elective	3
Subtotal		Subtotal	
16		16	

Fourth Year

Fall	CR	Spring	CR
EXS 400 Special Topics in Exercise Science	3	EXS 460 Exercise Prescription	3
Fine Art Core	3	EXS 491 Practicum II	3
Outer Core or Free Elective	3	Course for Concentration	3
EXS490 Practicum I	3	Outer Core or Free Elective	3
Outer Core or Free Elective	3	Outer Core or Free Elective	3
Subtotal		Subtotal	
15		15	

Total Credits: 121

Last Updated: Spring 2024



Students must choose one area of concentration (9 credit hours in one area)

Personal Health

PSY 205	Social Psychology	3
PSY 214	Lifespan Development	3
PSY 209	Workplace Psychology	3
PSY 311	Motivation	3

Business

BUA 105	Introduction to Business	3
BUA 207	Small Business Management	3
BUA 291	Business Law I (if possible)	3
BUA 301	Organization and Management	3
SEM 380	Legal Issues in Sports and Entertainment Marketing	3

Community Health

SOC 215	Social Psychology	3
SOC 217	Social Problems	3
SOC 216	Class, Race and Gender	3
SOC 304	Substance Abuse	3
POS 206	State and Local Government	3
POS 215	Introduction to Public Administration	3
POS 370	Understanding Public Policy	3
PBH 205	Global Health	3



Computer Information Systems

MIS 405	IT Project Management	3
MIS 455	Business Intelligence	3
MIS 320	Database Management Systems	3
CIS 240	Intro to Web Page Design	3
CIS 111 or 113	Intro to CIS	3

Sports Administration

EXS 205	Foundations of Sport Management	3
EXS 301	Sports Public Relations	3
EXS 305	Sport Venue Management	3