

BACHELOR OF SCIENCE EXERCISE SCIENCE



THOMAS MORE
UNIVERSITY

FALL 2023 - Current

First Year

Fall	CR	Spring	CR
FYE 150 First-Year Experience	1	COM Core Requirement	3
EXS 105 Foundations of Exercise Science	3	HIS Core Requirement	3
CHE 111 / 111L General Chemistry I w/ Lab	4	*CHE 113/ 113L General Chemistry II w/ Lab*	4
ENG 150 Literature, Writing, and Research	3	EXS 150 Science for Society – Health and Wellness	4
PSY 105 General Psychology	3	PHI Core Requirement	1
Subtotal	14	Subtotal	15

Second Year

Fall	CR	Spring	CR
EXS 250 Kinesiology	3	Language Core Requirement	3
BIO 112 / 112L Anatomy and Physiology I w/ lab	4	BIO 212 / 212L Anatomy Physiology II w/ Lab	4
EXS 220 Foundations of Sports Nutrition	2	EXS 224 Sports Nutrition	3
MAT 205 or MAT 208	3	Fine Art Core Requirement	3
THE core requirement	3	THE Core Requirement	3
Subtotal	15	Subtotal	16

Third Year

Fall	CR	Spring	CR
EXS 350 Techniques in Strength and Conditioning	3	EXS 320 Biomechanics	4
PHY 121 / 121L Elements of Physics w/ Lab	4	EXS 330 Sports Pharmacology	3
ENG 200+ (Composition Core Requirement)	3	Outer Core Sequence 1 (or minor / 2nd major)	3
PHI 214 Sports and Ethics (PHI Core Requirement)	3	Elective	3
Elective	3		
Subtotal	16	Subtotal	14

Fourth Year

Fall	CR	Spring	CR
EXS 400 Special Topics in Exercise Science	3	EXS 460 Exercise Prescription	3
EXS 430 Exercise Physiology w/ Lab	4	EXS 480 Research Methods	3
EXS 490 Practicum I	3	EXS 491 Practicum II	3
Outer Core Sequence 2 (or minor/ 2 nd major)	3	Outer Core Sequence 3 (or minor/ 2 nd major)	3
Elective	3	Elective	3
Subtotal	16	Subtotal	15

Total Credits: 121