

Exercise Science Degree
Bachelor of Science, 2023-2024
Advising Form – Degree Requirements

GENERAL EDUCATION REQUIREMENTS (46-47)		EXS DEGREE REQUIREMENTS (53)	
CORE (13)		EXERCISE SCIENCE CORE (35)	
UNIV 10100 (1)	First-year Seminar	HFS 21500 (3)	Intro to Health and Fit Sciences
ENGL 15000 (3)	Composition I	HFS 33000 (3)	Rec, Sport, Fit Administration
ENGL 17000 (3)	Composition II	EXS 24000 (3)	Nutrition Throughout the Lifecycle
MTH 15100 (3)	College Algebra	EXS 27500 (3)	Research Methods
HIST (3)	US History/Government	EXS 31500 (3)	Exercise Physiology
		EXS 31600 (1)	Exercise Physiology Lab
NATURAL/SOCIAL SCIENCE AND MATH (14)		EXS 31700 (3)	Adv Exercise Physiology
PSY 10000 (3)	Principles of Psychology	EXS 32500 (3)	Biomechanics
BSC 22700 (4)	Human Anatomy & Physiology I	EXS 36000 (4)	Ex Princ for Optimal Perform
BSC 22800 (4)	Human Anatomy & Physiology II	EXS 38700 (3)	Exercise Testing
MTH 14100 (3)	Basic Statistics	EXS 38800 (1)	Exercise Testing Lab
		EXS 41000 (3)	Exercise Prescription
HUMAN CULTURE (12)		EXS 43000 (3)	Physical Activity for Special Pop
Arts (3)	Human Culture: Arts		
Literature (3)	Human Culture: Literature	EXPERIENTIAL LEARNING (6)	
HC Elective (3)	Human Culture: Non-Lit, Non-Art	EXS 33500 (1-3)	Independent Research
HC Elective (3)	Human Culture: Any	EXS 44100 (3)	Research Internship
		HFS 35000 (1-3)	Practicum
ELECTIVES (7-8)		HFS 45000 (3)	Internship
CHM 10000 (4) or CHM 23000 (3)	Concepts in Chemistry or General Chemistry 1	CSTH ELECTIVES (12)	
BSC 10000 (4) or BSC 24400 (4)	Concepts in Biology or Intro to Cell & Molecular Biology	At least 3 credits must be ≥ 300-level	
		CSTH course ≥ 300-level (3)	
		CSTH course ≥ 200-level (3)	
HUMAN DIVERSITY*		CSTH course ≥ 200-level (3)	
Human Diversity I	GE - Human Diversity	CSTH course ≥ 200-level (3)	
Human Diversity II	GE - Human Diversity		

* GE-Human Diversity requirement can be fulfilled with any course that meets a GE-HD requirement, including those that simultaneously fulfill another GE requirement.

** ≥ 42 credit hours must be at 300-level or higher

*** ≥ 18 credit hours required for the major must be completed at Lindenwood University

**** A GPA of ≥ 2.0 is required for graduation

Exercise Science Degree

Bachelor of Science, 2023-2024

Sample 4-Year Plan

Year One

Fall			Spring		
BSC 10000/24400	Concepts in Biology or Intro to Cell/Molecular Biology	4	CHM 10000/23100	Concepts in Chemistry or General Chemistry	4
ENGL 15000	GE - Core (English Composition I)	3	ENGL 17000	GE - Core (English Composition II)	3
HFS 21500	Intro to Health and Fitness Sciences	3	EXS 24000	Nutrition Through the Life Cycle	3
MTH 15100	GE - Core (Math - College Algebra)	3	EXS 27500	Research Methods	3
UNIV 10100	First-year Seminar	1	MTH 14100	Basic Statistics	3
Semester Credits		14	Semester Credits		16

Year Two

Fall			Spring		
BSC 22700	Human Anatomy & Physiology I	4	BSC 22800	Human Anatomy & Physiology II	4
EXS 27500	Research Methods	3	HFS 33000	Rec, Sport, Fit Administration	3
EXS 32500	Biomechanics	3		CSTH Elective	3
PSY 10000	Principles of Psychology	3		GE - Human Cultures (Lit)	3
	GE - Core (Am/Gov't, US History)	3		GE - Human Cultures (Elective)	3
Semester Credits		16	Semester Credits		16

Year Three

Fall			Spring		
EXS 31500	Exercise Physiology	3	EXS 36000	Ex Princ for Optimal Perform	4
EXS 31600	Exercise Physiology Lab	1	EXS 38700	Exercise Testing	3
HFS 35000	Practicum	3	EXS 38800	Exercise Testing Lab	1
	CSTH Elective	3		GE - Human Cultures (Non-Art, Non-Lit)	3
	GE - Human Cultures (Fine Arts)	3		Elective	3
	Elective	3			
Semester Credits		16	Semester Credits		14

Year Four

Fall			Spring		
EXS 41000	Exercise Prescription	3	HFS 45000	Internship	3
EXS 43000	Physical Activity for Special Populations	3		CSTH Elective (+300-level)	3
	CSTH Elective	3		Elective (+300-level)	3
	Elective	3		Elective	3
	Elective (+300-level)	3		Elective	3
Semester Credits		15	Semester Credits		15

Total Degree Credits	122
-----------------------------	------------