		Exercise Science Degree Bachelor of Science, 2023-2024 Advising Form – Degree Requirements							
GENERAL EDUCATION REQUIREMENTS (46-47)		EXS DEGREE REQUIREMENTS (53)							
COF	RE (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 S	CIENCE 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 C	ULTURE (12)	EXS 43000 (3)	Physical Activity for Special Pop						
Arts (3)	Human Culture: Arts								
Literature (3)	Human Culture: Literature	EXPERIENT	TIAL 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						
ELECT	IVES (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		its must be $\geq 300$ -level						
	Biology	CSTH course $\geq$ 200-level (3)	+						
HIIMAN	DIVERSITY*	CSTH course $\geq$ 200-level (3) CSTH course $\geq$ 200-level (3)							
Human Diversity I	GE - Human Diversity	$CSTH course \ge 200 \text{-level (3)}$							
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.

\*\*  $\geq$  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  $\geq$  2.0 is required for graduation

Sample 4 Year Plan       Year One       Spring       Solution of scientic 2022/024									
Year One       Spring       BSC 10000/24400     Concepts in Biology or Intro to Cell/Molecular Biology     4     CHM 1000/23100     Concepts in Chemistry or General Chemistry 1000/23100       HFS 21500     Intro to Health and Fitness Sciences MTH 15100     GE - Core (English Composition I)     3     EXS 24000     Nutrition Through the Life Cycle       MTH 15100     GE - Core (Math - College Algebra)     1     MTH 14100     Basic Statistics       Semester Credits     14     Semester     Semester       Sec 22700     Human Anatomy & Physiology I     4     ISC 22800     Human Anatomy & Physiology I       EXS 27500     Research Methods     3     HFS 33000     Rec, Sport, Fit Administration       EXS 27500     Research Methods     3     GE - Human Cultures (Lit)       EXS 27500     Research Methods     3     GE - Human Cultures (Lit)       EXS 27500     Research Methods     3     GE - Human Cultures (Lit)       Semester Credits     If     Semester     Semester       FS 1000     Exercise Physiology Lab     1     EXS 3000       Prioticiples of Psychology     3     EXS 3000     Exercise Physiology Lab       IFS 35000     Exercise Physiology Lab     1     EXS 3000     Exercise Testing Lab       GE - Human Cultures (Fine Arts)     3     <									
Fail     Spring       BSC 10000/24400     Concepts in Biology or Intro to Concepts in Chemistry or General Chemistry (1000/23100)     Concepts in Chemistry or General Chemistry (1000/2010)     Concepts in Chemistry or General Chemistry (1000/2010)     Concepts in Chemistry or General Chemistry (1000/2010)     Concepts in Chemis									
BSC 10000/24400     Concepts in Biology or Intro to Cell/Molecular Biology     4     CHM 10000/23100     Concepts in Chemistry or General Chemistry       ENGL 15000     GE - Core (English Composition I) Intro to Health and Fitness Sciences GE - Core (Math - College Algebra)     3     EXS 24000     Sec 24000       NTH 15100     GE - Core (Math - College Algebra)     1     Nutrition Through the Life Cycle     Research Methods       Semester Credits     14     Semester Credits     Semester     Semester       SSC 22700     Human Anatomy & Physiology I     4     HFS 33000     Human Anatomy & Physiology I       EXS 27500     Research Methods     3     HFS 33000     HFS 33000     Rec, Sport, Fit Administration CSTH Elective       Semester Credits     16     Semester Credits     Semester       EXS 31500     Exercise Physiology Lab     1     EXS 38000     Exercise Physiology Lab       HFS 35000     Exercise Physiology Lab     1     EXS 38000     Exercise Testing       GE - Human Cultures (Fine Arts)     3     EXS 38000     Exercise Testing Lab       GE - Human Cultures (Fine Arts)     3     Elective     Semester       Credits     16     Semester     Credits       Semester Credits     16     Semester     Corte Patient Lab       Semester Credits     3     HFS 35000     Exerc									
MTH 15100 UNIV 10100     GE - Core (Math - College Algebra) First-year Seminar     3 1     EXS 27500 MTH 14100     Research Methods Basic Statistics       Semester Credits     14     Semester Credits     Semester Credits       Semester Credits     14     Semester Credits       Semester Credits     16     Semester Credits       Semester Credits     1     Statistics       Semester	ENGL 15000	Concepts in Biology or Intro to Cell/Molecular Biology GE - Core (English Composition I)	3	10000/23100 ENGL 17000	Concepts in Chemistry or General Chemistry GE - Core (English Composition II)	4			
Semester Credits     14     Credits       Year Two       Spring       BSC 22700     Human Anatomy & Physiology I     4     BSC 22800     Human Anatomy & Physiology II       EXS 27500     Research Methods     3     HFS 33000     Rec, Sport, Fit Administration       EXS 32500     Biomechanics     3     GE - Human Cultures (Lit)       GE - Core (Am/Gov't, US History)     3     GE - Human Cultures (Elective)       Semester Credits       Fall       Year Three       Semester Credits       Fall       Semester Credits       Fall       Semester Credits       Fall       Semester Credits       Semester Credits       Semester Credits       Semester Credits       Three       Semester Credits       Semester Credits <th< td=""><td>MTH 15100</td><td>GE - Core (Math - College Algebra)</td><td>3</td><td>EXS 27500 MTH 14100</td><td>Research Methods</td><td>3 3 3</td></th<>	MTH 15100	GE - Core (Math - College Algebra)	3	EXS 27500 MTH 14100	Research Methods	3 3 3			
Year Two     Spring       Fall     Spring       BSC 22700     Human Anatomy & Physiology I       EXS 27500     Research Methods     3     HFS 33000     Rec, Sport, Fit Administration       EXS 27500     Biomechanics     3     HFS 33000     Rec, Sport, Fit Administration       EXS 32500     Biomechanics     3     GE - Human Cultures (Lit)     GE - Human Cultures (Lit)       GE - Core (Am/Gov't, US History)     3     Semester Credits     GE - Human Cultures (Elective)       Semester Credits       Fall       Semester Credits       Fall       Semester Credits	Semester Credits		14			16			
Fall     Spring       BSC 22700     Human Anatomy & Physiology I     4     BSC 22800     Human Anatomy & Physiology II       EXS 27500     Research Methods     3     HFS 33000     Rec, Sport, Fit Administration       EXS 32500     Biomechanics     3     CSTH Elective       PSY 10000     Principles of Psychology     3     CSTH Elective       GE - Core (Am/Gov't, US History)     3     Semester       Semester Credits     16     Semester       Fall     Year Three     Semester       Fall     Year Three     Semester       EXS 31500     Exercise Physiology Lab     1     EXS 38000       EXS 31600     Exercise Physiology Lab     1     EXS 38000       HFS 35000     Practicum     3     EXS 38800     Exercise Testing Lab       GE - Human Cultures (Fine Arts)     3     Elective     3     Elective       GE - Human Cultures (Fine Arts)     3     HFS 45000     Internship       EXS 41000     Exercise Prescription     3     HFS 45000     Internship       EXS 43000     Physical Activity for Special Populations     3     HFS 45000     Internship       EXS 43000     Physical Activity for Special Populations     3     Elective (+300-level)     Elective (+300-level)       Elective     <									
BSC 22700     Human Anatomy & Physiology I     4     BSC 22800     Human Anatomy & Physiology II       EXS 27500     Research Methods     3     HFS 33000     Rec, Sport, Fit Administration       EXS 32500     Biomechanics     3     GE - Core (Am/Gov't, US History)     3     GE - Human Cultures (Lit)       Semester Credits     16     Semester Credits     Semester Credits     Semester Credits     Semester Credits       EXS 31500     Exercise Physiology Lab     1     EXS 38000     Exercise Testing       HFS 35000     Practicum     3     EXS 38000     Exercise Testing       HFS 35000     Practicum     3     EXS 3800     Exercise Testing Lab       GE - Human Cultures (Fine Arts)     3     Eertoire     Semester Credits       Semester Credits     16     Semester Credits     Semester Credits       Fall     Semester Credits     1     Exercise Testing Lab       GE - Human Cultures (Fine Arts)     3     Elective     3       EXS 41000     Exercise Prescription     3     HFS 45000     Internship       EXS 43000     Physical Activity for Special Populations     3     Elective (+300-level)       CSTH Elective     3     Elective (+300-level)     Elective (+300-level)       Elective     3     Elective (+300-level)     Elect		Fall	Teal		Spring				
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EXS 31500       Exercise Physiology       3       EXS 36000       Ex Princ for Optimal Perform         EXS 31600       Exercise Physiology Lab       1       EXS 38700       Exercise Testing         HFS 35000       Practicum       3       EXS 38800       Exercise Testing Lab         CSTH Elective       3       EXS 38800       Exercise Testing Lab         GE - Human Cultures (Fine Arts)       3       Elective       3         Semester Credits       16       Semester Credits       Semester Credits         Verar Four         EXS 41000         Exercise Prescription       3       HFS 45000       Internship         CSTH Elective       3       Elective (+300-level)       Elective (+300-level)         Elective       3       Elective       Elective (+300-level)         Semester Credits       15       Semester			Year	Three					
Semester Credits       16       Credits         Year Four         Fall       Spring         EXS 41000       Exercise Prescription       3       HFS 45000       Internship         EXS 43000       Physical Activity for Special Populations       3       CSTH Elective (+300-level)         CSTH Elective       3       Elective (+300-level)         Elective       3       Elective         Elective (+300-level)       3       Elective         Semester Credits       15       Semester	EXS 31600	Exercise Physiology Exercise Physiology Lab Practicum CSTH Elective GE - Human Cultures (Fine Arts)	1 3 3 3	EXS 38700	Ex Princ for Optimal Perform Exercise Testing Exercise Testing Lab GE - Human Cultures (Non-Art, Non-Lit)	4 3 1 3 3			
Credits         Year Four         Fall       Spring         EXS 41000       Exercise Prescription       3       HFS 45000       Internship         EXS 41000       Exercise Prescription       3       HFS 45000       Internship         EXS 43000       Physical Activity for Special Populations       3       CSTH Elective (+300-level)         Elective       3       Elective (+300-level)         Elective       3       Elective         Elective (+300-level)       3       Elective         Semester Credits       15       Semester	Semester Credits		16			14			
Fall       Spring         EXS 41000       Exercise Prescription       3       HFS 45000       Internship         EXS 43000       Physical Activity for Special Populations       3       CSTH Elective (+300-level)         CSTH Elective       3       Elective (+300-level)         Elective       3       Elective         Elective (+300-level)       3       Elective         Semester Credits       15       Semester	Credits								
EXS 41000       Exercise Prescription       3       HFS 45000       Internship         EXS 43000       Physical Activity for Special Populations       3       CSTH Elective (+300-level)         CSTH Elective       3       Elective (+300-level)         Elective       3       Elective         Elective (+300-level)       3       Elective         Semester Credits       15       Semester			Tear	Four	Spring				
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Total Degree Credits	Semester Credits		15		Total Degree Credits	15 <b>122</b>			