

BLUE MOUNTAIN CHRISTIAN UNIVERSITY

EXERCISE SCIENCE, BACHELOR OF SCIENCE

120 total hours required

- ☐ 25% of degree hours must be earned at BMCU.
- ☐ Students may transfer a maximum of 70 semester hours of credit from a community or junior college.
- ☐ A minimum of 40 semester hours of credit in 300- and 400- level courses are required for a degree at the University. Twenty-four of these semester hours must be earned at the University.
- ☐ A minimum of 12 semester hours of 300- and 400-level *major* course work is required for a degree of which six must be earned at the University.
- ☐ A minimum of six semester hours of 300- and 400-level *minor* course work is required for a degree of which three must be earned at the University.
- ☐ Proficiencies must be met in Mathematics, English, and the Core Curriculum.

COLLEGE CORE REQUIREMENTS

ENGLISH: 12-14 hours

- ☐ ENG 100 English Composition I **or**
ENG 110 English Composition I-Honors
- ☐ ENG 101 English Composition II **or**
ENG 111 English Composition II-Honors
- ☐ Select one 200-level literature course
- ☐ Select an additional 200-level or above 3-hour ENG course

HISTORY: 6 hours

- ☐ Select 2 courses from the following
HIS 110 Western Civilization I; HIS 111 Western Civilization II;
HIS 210 Early U.S. History; HIS 211 Modern U.S. History

SOCIAL/BEHAVIORAL SCIENCE: 6 hours

- ☐ PSY 100 Intro to Psychology
- ☐ Select 1 additional course with CRJ, ECO, GEO, PSC, or SOC prefix

BIBLICAL STUDIES: 6 hours

- ☐ Select 2 courses from the following
BIB 100 Old Testament I; BIB 101 Old Testament II;
BIB 200 New Testament I; BIB 201 New Testament II

NATURAL SCIENCE: 8 hours

Met in major requirements

PHYSICAL SCIENCE: 3-4 hours

- ☐ Select one course with PHY prefix.

MATHEMATICS: 3 hours

- ☐ Select 1 course with MAT prefix
MAT 105 Contemporary Math recommended
Must be MAT 105 or higher

FINE ARTS: 3 hours

- ☐ Select one course from the following
ART 142 Art Appreciation; MUS 142 Music Appreciation;
STH 142 Theatre Appreciation; STH 210 Oral Communication;
or STH 225 Oral Interpretation

PHYSICAL FITNESS: 2 hours*

**All first-time freshmen must take PED 127 or PED 128.
Athletes and band earn the 2-hour physical fitness requirement in their sport/activity.*

- ☐ PED 127 Fitness for Life—Cardio **or**
PED 128 Fitness for Life—Resistance
- ☐ Select one additional activity course with PED prefix

☐ **ELECTIVE: 3 hours**

FIRST YEAR SEMINAR: 1 hour

Required only for First-time Freshmen

- ☐ FYS 100 First Year Seminar

REQUIREMENTS IN THE MAJOR: 43 hours required

- ☐ EXS 215 Intro to Exercise Science/Field Observations
- ☐ EXS 310 Clinical Exercise Physiology/Prescription
- ☐ EXS 360 Exercise Leadership & Administration
- ☐ EXS 390 Strength Training & Conditioning
- ☐ EXS 433 Anatomical Kinesiology
- ☐ EXS 451 Quantitative Analysis in Kinesiology
- ☐ EXS 465 Physiology of Exercise
- ☐ EXS 475 Physiological Assessment of Exercise
- ☐ EXS 480 Internship in Exercise Science
- ☐ EXS 495 Senior Seminar in Research Methodology
- ☐ HLT 104 Personal Health
- ☐ HLT 300 Principles of Nutrition **or**
HLT 312 Prevention & Care of Athletic Injuries
- ☐ BIO 390/390L Human Anatomy & Physiology I & Lab
- ☐ BIO 391/391L Human Anatomy & Physiology II & Lab
- ☐ **ELECTIVES: 4-14 hours**

☐ **MINOR REQUIREMENTS: 18-25 HOURS DETERMINED BY CHOSEN MINOR**