



BACHELOR OF SCIENCE IN EXERCISE SCIENCE (HEALTH & HUMAN PERFORMANCE)

FRESHMAN - FALL SEMESTER

BIB 1013	Values: Old Testament History	3
ENG 1113	Communication: English Composition I	3
UNI 1111	Opportunities: University Seminar	1
DISCOVER	Society: (American Studies Options)	3
KIN 2023	Perceptual Motor Development	3
ELECTIVE	Student Selection	3
Total Credits		16

FRESHMAN - SPRING SEMESTER

BIO 1003/1001	Inquiry: Principles of Biology & Lab	4
KIN 1163	Discipline: Fitness and Wellness for Professionals	3
UNI 1121	Reasoning: Introduction to Critical Thinking	1
DISCOVER	Communication: (Composition Options)	3
KIN 2043	Psychology of Coaching	3
ELECTIVE	Student Selection	1
Total Credits		15

SOPHOMORE - FALL SEMESTER

DISCOVER	Communication: (Communication Options)	3
DISCOVER	Society: (Social Studies Options)	3
BIO 2204	Human Anatomy and Physiology I	4
KIN 2062	Coaching	2
ELECTIVE	Student Selection	3
Total Credits		15

SOPHOMORE - SPRING SEMESTER

BEH 2243	Reasoning: Statistics	3
DISCOVER	Values: (Cultural Awareness Options)	2
DISCOVER	Values: (Spiritual Formation Options)	2
BIO 3304	Human Anatomy and Physiology II	4
ESC 3013	Exercise Testing & Evaluation	3
Total Credits		14

JUNIOR - FALL SEMESTER

BIB 1023	Values: New Testament History	3
ESC 3033	Resistance Training I	3
KIN 2243	Nutrition	3
KIN 3083	Care and Prevention of Athletic Injury	3
KIN 4003	Kinesiology	3
Total Credits		15

JUNIOR - SPRING SEMESTER

DISCOVER	Enrichment: (Enrichment Options)	3
ESC 3043	Resistance Training II	3
KIN 3073	Physiology of Exercise	3
KIN 3093	Responding to Emergencies	3
KIN 4001	Kinesiology Capstone	1
ELECTIVE	Student Selection	2
Total Credits		15

SENIOR - FALL SEMESTER

ESC 4063	Personal Training	3
ESC 4833	Evidenced Based Practice	3
KIN 4773	Principles of Strength and Conditioning	3
ELECTIVE	Student Selection	6
Total Credits		15

SENIOR - SPRING SEMESTER

ESC 3023	Sports Nutrition	3
ESC 4043	Exercise Science Practicum	3
ESC 4223	Functional Movement	3
ELECTIVE	Student Selection	6
Total Credits		15

DISCOVER Core Curriculum

Student Selection: Open Choice, Second Major Courses, or Minor Courses

Total Credits to Graduate: 120

Updated Spring 2026