



## Bachelor of Science in Exercise Science Degree Program Checklist

Student: \_\_\_\_\_ ID#: \_\_\_\_\_ Advisor: \_\_\_\_\_

<u>Class</u>	<u>Hours</u>	<u>Grade</u>	<u>Semester</u>
<b>General Education (40 Hours):</b>			
CO 105 Introduction to Public Speaking	3	_____	_____
EN 101 Composition	3	_____	_____
EN 102 Composition and Literature	3	_____	_____
ES 100 Physical Well Being	2	_____	_____
*Choose 1: HI 201 American History I			
HI 202 American History II	3	_____	_____
PH 210 Introduction to Logic	3	_____	_____
PO 101 American National Government	3	_____	_____
*Choose 1: PY 210 General Psychology			
PY 220 Human Growth & Development			
PY 260 Introduction to Neuroscience	3	_____	_____
**TM 100 Pathfinders	1	_____	_____
*Choose 1: AR 105 Art Appreciation & Criticism			
EN 201 or EN 202 English Literature Survey I or II			
EN 221 or EN 222 World Masterpieces Survey I or II			
EN 231 or EN 232 American Literature Survey I or II			
FA 110 Art, Literature, & Music Appreciation & Worldview			
MU 105 Music Appreciation			
TH 101 Theatre Appreciation	3	_____	_____
NS 101 & Science with Lab***	1	_____	_____
<b>Great Commission Studies:</b>			
CS 101 Bible Survey	3	_____	_____
*Choose 1: CS 120 Theological Survey			
CS 322 Christian Theology I			
CS 323 Christian Theology II	3	_____	_____
CS 230 History of the Free Church	3	_____	_____
MI 201 Great Commission Living	3	_____	_____

\* Major required courses may not also be counted as General Education.

\*\* First time college students entering TMU with a High School GPA below 3.0 are required to take TM 101A, 0 credit study skills course, along with TM 100.

\*\*\* Exercise Science students must take BI 107 (in lieu of BI 101) and NS 101.

<u>Class</u>	<u>Hours</u>	<u>Grade</u>	<u>Semester</u>
<b>Support Courses (38 Hours):</b>			
BI 107 Principles of Biology I	4	_____	_____
BI 108 Principles of Biology II	4	_____	_____
BI 212 Anatomy and Physiology I	4	_____	_____
BI 213 Anatomy and Physiology II	4	_____	_____
CH 121 General Chemistry I	4	_____	_____
CH 122 General Chemistry II	4	_____	_____
MA 102 College Algebra	3	_____	_____
MA 200 Statistics	3	_____	_____
PX 101 Intro to Physics I	4	_____	_____
PX 102 Intro to Physics II	4	_____	_____

**Major Courses (34 Hours):**

ES 110 Introduction to Exercise Science	1	_____	_____
ES 210 Corporate Wellness	3	_____	_____
ES 300 Essentials of Sports Medicine	3	_____	_____
ES 310 Physiology of Exercise w/Lab	4	_____	_____
ES 320 Anatomical Kinesiology w/Lab	4	_____	_____
ES 340 Exercise Prescription/Fitness Assessment	4	_____	_____
ES 350 Human Nutrition	3	_____	_____
ES 410 Physiological Aspects Training for Sports	4	_____	_____
ES 420 Psychological Aspects of Athletic Perform	3	_____	_____
ES 498 Capstone Research	3	_____	_____
ES 499 Capstone Presentation and Paper	2	_____	_____

**300/400 Level Electives (12 hours):**

_____	1-4	_____	_____
_____	1-4	_____	_____
_____	1-4	_____	_____
_____	1-4	_____	_____

**Degree Requirement:**

This degree requires a grade of C or higher in all math and science courses.

Accumulation of 3 D's or F's in any major related courses will result in dismissal from the major.

**TOTAL HOURS    124**