

Bachelor of Science in Exercise Science Course Requirements

The Bachelor of Science degree in Exercise Science is an accredited program that prepares students for careers in exercise physiology, cardiac rehabilitation, strength and conditioning, or as an exercise specialist in corporate fitness and sports medicine clinics. This program is excellent preparation for graduate or professional programs such as physical therapy.

Course requirements involve 65-68 semester hours including:

ALHL-3030 Nutrition	3
BIO-1115 Biology I: Cell Biology	4
CHEM-1000 Principles of Chemistry	4
EXSC-1350 Introduction to Exercise Science	2
EXSC-1400 First Aid and Safety Education	2
EXSC-2000 Worksite Observation	0
EXSC-3010 Practicum I	1
EXSC-3020 Practicum II	1
EXSC-3380 Motor Learning and Control	3
EXSC-3700 Physiology of Exercise	3
EXSC-3800 Sport Psychology	3
EXSC-3860 Basic Exercise Testing	4
EXSC-3870 Basic Exercise Prescription	4
EXSC-3890 Organization and Administration of Exercise Science	3
EXSC-3920 Biomechanics	3
EXSC-3940 Structural Kinesiology	3
EXSC-4600 Research Methods	3
EXSC-4700 Senior Research	3
EXSC-4880 Exercise Testing and Prescription for Special Populations	3
EXSC-4990 Internship in Exercise Science (capstone)	9-12
GBIO-2010 Human Anatomy and Physiology I	4
GBIO-2015 Human Anatomy and Physiology II	4

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Sample Four-Year Plan

FALL SEMESTER	SPRING SEMESTER
FRESHMAN BIO-1115 Biology I: Cell Biology 4 *COM-1100 Fundamentals of Speech 3 *ENG-1400 Composition 3 EXSC-1350 Introduction to Exercise Science 2 *HUM-1400 Introduction to the Humanities 3 *PEF-1990 Physical Activity and Healthy Living 2 Total 17	*BTGE-1725 Bible & The Gospel 3 ‡GBIO-2010 Human Anatomy and Physiology I 4 GSS-1100 Politics and American Culture 3 *Humanities elective (**Global Awareness if needed) 3 *Quantitative elective (College Algebra) 3 *PEF-1990 PAHL (if not taken yet) 2 SUMMER EXSC-2000 Worksite Observation 0 Total 16
SOPHOMORE *BTGE-2730 Old Testament Literature 3 §GBIO-2015 Human Anatomy and Physiology II 4 EXSC-3380 Motor Learning and Control 3 *Any 2000-level Literature course (LIT-2XXX) 3 *Social Science (PYCH-1600 General Psychology) 3 Total 16	*BTGE-2740 New Testament Literature 3 EXSC-3700 Physiology of Exercise 3 EXSC-3940 Structural Kinesiology 3 Elective Hours 1-5 *One course in History (HIST-XXXX) 3 Total 17
JUNIOR *BTGE 3755 Theology I 3 †CHEM-1000 Principles of Chemistry 4 EXSC-1400 First Aid & Safety Education 2 EXSC-3010 Practicum I 1 EXSC-3860 Basic Exercise Testing 4 EXSC- 3920 Biomechanics 3 Total 17	AHLH-3030 Nutrition 3 BTGE-3765 Theology II 3 EXSC-3020 Practicum II 1 EXSC-3870 Basic Exercise Prescription 4 EXSC-4600 Research Methods 3 *Elective hours 1-3 Total 17
SENIOR EXSC-3800 Sport Psychology 3 EXSC-3890 Org & Admin of Exercise Science 3 EXSC-4700 Senior Research 3 EXSC-4880 Exer Test & Rx for Special Populations 3 *Elective hours 1-5 Total 17	EXSC-4990 Internship in Exercise Science 9-12 Total 9-12

Italics - General Education Courses

* Dual Enrollment courses related to this major. See Cedarville.edu/admissions/dual-enrollment

** Cultural Anthropology fulfills both the Humanities elective and the Global Awareness requirement (if it is needed)

† Fulfills Exercise Science requirement and physical science general education requirement

‡ Fulfills Exercise Science requirement and biological science general education requirement

§ Fulfills Exercise Science requirement and counts toward the 16 semester hours of science and mathematics courses required for Bachelor of Science degree