



**B.S. Degree  
Exercise Science Major  
2017/2018 Catalog**

This program plan is valid only if the student registers for, and completes, a term at Brenau by summer 2018. If the student defers admission to fall 2018 or after, the student must contact the adviser to be changed to the subsequent catalog.

Student Name _____
S. SSN/Id No _____
S. Phone (w) _____ (h) _____
Adviser _____
Previous Degree: _____ A.A. _____ A.S. _____ Bachelor's
Where/term degree earned _____

**Liberal Education:**

The Liberal Education program is divided into four portals: Communication & Language Fluency, Artistic & Creative imagination, Scientific and Analytic Curiosity and, World Understanding. Please see the Brenau University catalog or the Brenau University web site for a list of applicable courses for each requirement. Some majors have more than one course that can satisfy a LE requirement. In those cases, only one of those courses will list on the LE portion of the plan, however, all the courses will be noted on the reverse side of this plan. **If the student earned a previous degree (must be A.A., A.S., or Bachelor's Degree) from a regionally accredited institution, the Liberal Education section of the student's program is considered complete.**

<b>World Understanding</b>	<b>Term</b>	<b>Grade</b>	<b>Course Number &amp; Title</b>
Historical Perspective (3 hrs)	_____	_____	_____
Global Awareness (3 hrs)	_____	_____	_____
Civic Engagement (3 hrs)	_____	_____	_____
<b>Scientific &amp; Analytic Curiosity</b>			
Mathematics (3 hrs)	_____	_____	_____
Science (7-8 hrs)	_____	_____	BY 209 Anatomy & Physiology I (satisfied through major prereq course) BY 210 Anatomy & Physiology II (satisfied through major prereq course)
Reasoning (3-4 hrs)	_____	_____	MS 205 Introduction to Statistics (satisfied through major foundation course)
<b>Artistic &amp; Creative Imagination</b>			
Fine Arts (3 hrs)	_____	_____	_____
Literature (3 hrs)	_____	_____	_____
Lifetime Fitness (3 hrs) <small>(Undergraduate students not enrolled in the Women's College may take HS 105 (3 hours) to satisfy this requirement.)</small>	_____	_____	WH 102 Exercise Science (satisfied through major foundation course) LS/or LF _____ Title: _____ LS/LF/ or WH _____ Title: _____
<i>Note: For Lifetime Fitness, Women's College students must take the three, one-hour courses as outlined above.</i>			
<b>Communication &amp; Language Fluency</b>			
Writing (6 hrs)	_____	_____	EH 101 Written Communication EH 102 Reading & Research Writing
Speaking (3 hrs)	_____	_____	_____
Modern Language (0-3 hrs)	_____	_____	CH/IN/FH/or SH 102/or 115 (or higher) <small>Must complete language through the high beginner level (102 or equivalent. If 101 &amp; 102 are taken, 101 can be applied toward the Communication requirement or used as a general elective. May be placed into 102 via WebCape or exempted by competency exam (BYU FLAT test or CLEP).</small>
Communication (3 hrs)	_____	_____	_____

Comments: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_ Needs math placement exam.  
 \_\_\_\_\_ Needs English placement exam.

Program Plan Revised by: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**B.S. Degree – 2017/2018**  
**Major: Exercise Science**

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**Prerequisites:**

- \_\_\_\_\_ BY 209 Anatomy and Physiology I <sup>LE</sup> (4)
  - \_\_\_\_\_ BY 210 Anatomy and Physiology II <sup>LE</sup> (4)
  - \_\_\_\_\_ PY 101 Intro to Psychology <sup>LE</sup>(3)
  - \_\_\_\_\_ CY 121 General Chemistry I <sup>LE</sup>(4)
  - \_\_\_\_\_ EX 201 Exercise Science Practicum (1)
- =====

**Foundation Courses:**

- \_\_\_\_\_ AY 101 Intro to Anthropology <sup>LE</sup> (3)
  - \_\_\_\_\_ HS 102 Careers in the Help Prof <sup>LE</sup> (3)
  - \_\_\_\_\_ MS 205 Intro to Statistics <sup>LE</sup> (3)
  - \_\_\_\_\_ WH 102 Exercise Science <sup>LE</sup> (1)
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**Note: Students must earn a cumulative grade point average of 2.0 and a major grade point average of 2.5. Students must earn a grade of “C” or better in all major courses.**

**MAJOR CORE:** (32 hours)

Term	Grade	Course # & Title
_____	_____	EX 300 Kinesiology (4)
_____	_____	EX 301 Biomechanics (3)
_____	_____	EX 304 Foundations of Exercise Science (3)
_____	_____	EX 305 Physiology of Exercise (3)
_____	_____	EX 402 Fitness Assessment & Prescription (3)
_____	_____	EX 404 Health Promotion & Disease Prev (3)
_____	_____	EX 407 Nutrition & Performance (3)
_____	_____	EX 408 Strength Training & Conditioning (4)
_____	_____	EX 490 Internship (6)

**OTHER MAJOR REQUIREMENTS:** (21 hours)

- \_\_\_\_\_ CY 122 General Chemistry II <sup>LE</sup>(4)
- \_\_\_\_\_ HS 201 Clinical Medical Communications (3)
- \_\_\_\_\_ PS 121 General Physics I <sup>LE</sup>(4)
- \_\_\_\_\_ PS 122 General Physics II <sup>LE</sup>(4)
- \_\_\_\_\_ PY 202 Human Growth & Development <sup>LE</sup>(3)
- \_\_\_\_\_ PY 309 Abnormal Psychology (3)

**Major Electives:** (choose 9 hours)

- \_\_\_\_\_ BA 331 Business of Sport (3)
- \_\_\_\_\_ CD 230 Human Occupation & Lifestyle Des (3)
- \_\_\_\_\_ EX 302 Coaching Principles & Practice (3)
- \_\_\_\_\_ EX 303 Fitness Business Management (3)
- \_\_\_\_\_ EX 330 Prevention & Mgmt of Athl Injuries (3)
- \_\_\_\_\_ EX 401 Disability, Sport, & Physical Activity (3)
- \_\_\_\_\_ EX 403 Hlth & Exerc Across the Lifespan (3)
- \_\_\_\_\_ EX 405 Intro to Clinical Nutrition (3)
- \_\_\_\_\_ EX 406 Motor Control in Human Perform (3)
- \_\_\_\_\_ PY 305 Sports Psychology (3)

*Electives:* Electives are not listed on the program plan by the Admissions Office, however all courses are posted to the student's transcript. Electives needed for graduation can be calculated simply by:

Adding  
The total number of hours on the student's transcript  
(available in CampusWEB)  
- hours earned for courses taken at the developmental level  
+ courses currently registered for  
+ courses still outstanding.

A minimum of 120 semester hours is required to graduate from Brenau University. After completing liberal education and major requirements, if the total number of hours on the student's transcript is not at 120, then the student must take enough general elective hours to reach a cumulative total of 120 hours. If a course is repeated, it is the student's responsibility to contact the Registrar's Office to adjust the earned hours on their transcript so that they are not short hours at graduation. Due to placement, a student may graduate with more than 120 semester hours.

*Note:* Financial aid recipients cannot receive aid for courses repeated unnecessarily or for courses not specifically required for their degree.

**Residency requirement:**  
A residency requirement of 30 semester hours is required to graduate from Brenau University. This includes a major residency of 21 semester hours.

*Note:* This program plan is not an official document. It is a tool to assist the student and adviser in schedule planning.

<sup>LE</sup> –Liberal Education course. All LE courses are noted on the plan whether satisfying a LE requirement or not.

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*This program plan was prepared by the Registrar's Office.  
Revised 03/2017*