



**B.S. Degree
Exercise Science Major
2023/2024 Catalog**

Student Name _____
 Id No _____
 Previous Degree: ____ A.A. ____ A.S. ____ Bachelor's
 Where/term degree earned _____

This program plan is valid only if the student registers for, and completes, a term at Brenau by summer 2024. If the student defers admission to fall 2024 or after, the student must contact the adviser to change to the subsequent catalog.

Women's College students must complete the GOLD Program Curriculum. The number of courses required will be based on the number of hours of transfer credit accepted.

If the student transfers fewer than 24 post-secondary school hours to Brenau, one of the following courses is required to graduate:
 AS 100W/AS 110/AS 111 (depending on program) _____

Liberal Education:

The Liberal Education program is divided into four portals. Please see the Brenau University catalog or the Brenau University web site for a list of applicable courses for each requirement. **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.**

| World Understanding | Term | Grade | Course Number & Title |
|--|----------------------------|--------------|---|
| Historical Perspective (3 hrs) | _____ | _____ | _____ |
| Global Awareness (3 hrs) | Satisfied by major course. | | |
| Civic Engagement (3 hrs) | Satisfied by major course. | | |
| Scientific & Analytic Curiosity | | | |
| Mathematics (3 hrs) | _____ | _____ | _____ |
| Science (7-8 hrs) | Satisfied by major course. | | |
| | Satisfied by major course. | | |
| Reasoning (3-4 hrs) | Satisfied by major course. | | |
| Artistic & Creative Imagination | | | |
| Fine Arts (3 hrs) | _____ | _____ | _____ |
| Literature (3 hrs) | _____ | _____ | _____ |
| Lifetime Fitness (3 hrs) | Satisfied by major course. | | |
| <small>(Undergraduate students not enrolled in the Women's College may take HS 105 (3 hours) to satisfy this requirement.)</small> | _____ | _____ | DA/LS/or LF _____ Title: _____ |
| | _____ | _____ | DA/LS/LF/or HL _____ Title: _____ |
| <small>Note: For Lifetime Fitness, Women's College students must take the three, one-hour courses as outlined above. LF 199 can count as either activity (LF) or classroom (HL) P.E.</small> | | | |
| Communication & Language Fluency | | | |
| Writing (6 hrs) | _____ | _____ | EH 101 Written Communication EH 102 Reading & Research Writing |
| Speaking (3 hrs) | _____ | _____ | _____ |
| Modern Language (0-3 hrs) | _____ | _____ | FH/or SH 102/ (or higher) |
| <small>Must complete language through the high beginner level (102 or equivalent). If 101 & 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:

Program Plan Revised by: _____

Date

____ Needs English placement exam.

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: (33 hours)

| Term | Grade | Course # & Title |
|-------|-------|--|
| _____ | _____ | EX 201 Exercise Science Practicum (1) |
| _____ | _____ | 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: (45 hours)

| | | |
|-------|-------|--|
| _____ | _____ | AY 101 Intro to Anthropology LE (3) |
| _____ | _____ | BY 111 Biological Science I LE (4) |
| _____ | _____ | BY 209 Anatomy and Physiology I LE (4) |
| _____ | _____ | BY 210 Anatomy and Physiology II LE (4) |
| _____ | _____ | PY 101 Intro to Psychology LE(3) |
| _____ | _____ | CY 121 General Chemistry I LE(4) |
| _____ | _____ | CY 122 General Chemistry II LE(4) |
| _____ | _____ | HS 102 Careers in the Help Prof LE (3) |
| _____ | _____ | HS 201 Clinical Medical Communications (3) |
| _____ | _____ | MS 205 Intro to Statistics LE (3) |
| _____ | _____ | PS 121 General Physics I LE(4) |
| _____ | _____ | PY 202 Human Growth & Development (3) |
| _____ | _____ | PY 309 Abnormal Psychology (3) |

Major Electives: (choose 12 hours)

| | | |
|-------|-------|---|
| _____ | _____ | BY 112 Biological Science II LE (4) |
| _____ | _____ | BY 206 Microbiology LE (4) |
| _____ | _____ | CD 230 Human Occupation & Lifestyle Des (3) |
| _____ | _____ | EX 302 Coaching Principles & Practice (3) |
| _____ | _____ | EX 303 Fitness Business Management (3) |
| _____ | _____ | EX 306 Personal Training (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) |
| _____ | _____ | PS 122 General Physics II LE(4) |
| _____ | _____ | PY 305 Sports Psychology (3) |
| _____ | _____ | PY 325 Psychology of Health (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.

^{LE} –Liberal Education course. All LE courses are noted on the plan whether satisfying a LE requirement or not.