

Exercise Science (Bachelors)

The following is a **suggested** four year plan of study for freshmen entering LMU during the 2018 academic year. This plan is to be used in conjunction with the university catalog and advice of faculty advisors. This plan meets LMU's Lincoln Liberal Arts Common Core requirements and major requirements. **Note: In order to graduate in four years (eight regular semesters) the student must average passing 16/17 hours per semester.**

Freshman Year			
<u>Fall</u>	Cr Hrs	<u>Spring</u>	Cr Hrs
UACT 100 ^a Strategies of College Success	2	ENGL 102 ^a Composition II	3
Lincoln 100 ^a Lincoln's Life and Legacy	1	PSYC 100 ^a Introduction to Psychology	3
Math Requirement	3	CHEM 100 ^{a,b} Intro to Chemistry w/ Lab	4
ISYS 100 ^a Computer Literacy	2	PEXS 275 Technology for Sport & ES	2
ENGL 101 ^a Composition I	3	HLTH 120 ^b Safety, First Aid & CPR	2
PEXS 200 ^b Intro to Sport & ES	2	History ^a Requirement	3
PHYS 100 ^{a,b} Intro to Physics w/ Lab	4		
Total	17		17

Sophomore Year			
<u>Fall</u>	Cr Hrs	<u>Spring</u>	Cr Hrs
BIOL 261 ^c Human A&P I w/ Lab	4	BIOL 262 ^c Human A&P II w/ Lab	4
PSYC 221 ^a Child & Adolescent Development	4	History ^a Requirement	3
PEXS 265 ^b Injury Prevention & Emer Mgmt	3	COMM 200 ^a Fund of Speech Comm	3
HLTH 210 ^b Nutrition	3	Ethics, Fine Arts or Humanities ^a Requirement	3
ENGL 240, 250, or 260 ^a	3		
Total	16		16

Junior Year			
<u>Fall</u>	Cr Hrs	<u>Spring</u>	Cr Hrs
History ^a Requirement	3	PEXS 350 ^b Sports and Exercise Psychology	3
LNCN 300 ^a American Citizenship	1	PEXS 372 ^b Kinesiology & Biomechanics	3
PEXS 300 ^b Exercise Physiology I	3	PEXS 400 ^b Exercise Physiology II	3
HLTH 425 ^b Sport and Exercise Nutrition	3	PEXS 344 ^b Learning & Psychomotor Dvmt	3
Concentration/Minor/Elective 300/400	3	Concentration/Minor/Elective 300/400	3
Concentration/Minor/Elective 300/400	3		
Total	16		15

Senior Year			
<u>Fall</u>	Cr Hrs	<u>Spring</u>	Cr Hrs
PEXS 493A ^b Practicum in Exercise Science	3	PEXS 430 ^b Organization and Administration	3
PEXS 310 ^b Measurement and Evaluation	3	PEXS 435 ^b Exercise Prescription	3
Ethics, Fine Arts or Humanities ^a Requirement	3	PEXS 485 ^b Research Methods	3
Concentration/Minor/Elective 300/400	3	Concentration/Minor/Elective 300/400	3
Concentration/Minor/Elective 300/400	3		
Total	15		12

Total Hours: 122

a = General Education Requirement, b= Major Requirement, c = Collateral Requirement

05/2018