

B.S. in Exercise Science (EXSC)

Milligan University

Physical Education Concentration, K-12 Teacher Education Specialty Licensure

Catalog Year
2020-2021

This document is designed as a guide for students planning their course selection and is only a suggested schedule. Actual course selections should be made with the advice and consent of the academic advisor. While accurately portraying the information contained in the Catalog, this form is not considered a legal substitute for that document. Students should become familiar with the Catalog in effect at the time in which they enter Milligan.

FALL SEMESTER 1		
COURSE	TITLE	CREDITS
BIBL 123	Old Testament Survey	3
HUMN 101	Ancient & Medieval Cultures	4
MLGN 100	Intro to College & Service	0.5
EDUC 150	Introduction to Teaching	2
COMM 102	Speech Communication	3
	Elective	3
	TOTAL CREDITS	15.5

SPRING SEMESTER 1		
COURSE	TITLE	CREDITS
BIBL 124	New Testament Survey	3
HUMN 102	Renaissance & Early Modern	4
BIOL 150	³ Essentials of Human Anatomy and Phy	4
MATH 213	Statistics	3
COMP 111	Composition	3
EDUC 152	Technology in Education	1
	TOTAL CREDITS	18

FALL SEMESTER 2		
COURSE	TITLE	CREDITS
HUMN 201	18th & 19th Cty Cultures	4
COMP 211	Found. of Analytical Composition	3
EXSC 201	Foundations & Legal Issues	3
EXSC 108	Folk Dance & Rhythmical Activities	1
EXSC 405	Motor Behavior	2
	General Elective	3
	TOTAL CREDITS	16

SPRING SEMESTER 2		
COURSE	TITLE	CREDITS
HUMN 202	Cultures of 20th & 21st Cty Cultures	4
MLGN 200	Intro to Calling & Career	0.5
PSYC 252	Developmental Psychology	3
EXSC 308	Measurement & Evaluation	3
EXSC 271	Wellness	3
EXSC 104	Swimming	1
	Elective	1
	TOTAL CREDITS	15.5

FALL SEMESTER 3		
COURSE	TITLE	CREDITS
EXSC 341	Exercise Physiology	4
PSYC 356	Cross Cultural Psychology	3
EXSC 370	Secondary PE methods	4
EDUC 306	Middle Grades/Secondary Foundatio	3
	General Elective	3
	TOTAL CREDITS	17

SPRING SEMESTER 3		
COURSE	TITLE	CREDITS
EXSC 352	Kinesiology & Biomechanics	4
	General Elective	4
EXSC 207	Principles of Strength Training	2
EXSC 404	Org & Mgt of PE and Sports	3
EDUC 234	Classroom Management	2
EDUC 357	Content Area Reading	3
	TOTAL CREDITS	18

FALL SEMESTER 4		
COURSE	TITLE	CREDITS
	Elective	3
EXSC 350	Elementary PE methods	4
BIBL 471	Christ & Culture	3
EXSC 162	Aerobic Fitness	1
EXSC 406	Adapted Physical Education	2
	General Elective	3
	TOTAL CREDITS	16

SPRING SEMESTER 4		
COURSE	TITLE	CREDITS
EDUC 455	Student Teaching K-12	12
EDUC 460	Capstone Seminar	1
	TOTAL CREDITS	13

MINIMUM 128 NEEDED FOR GRAD 129

³ This course is only offered every other year and should be taken as soon as possible. If it not offered the freshman year, good alternatives could be EXSC 271 or EXSC 308.