

Exercise Science Major

Catalog Year
2024-2025

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 College 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
COMM+	Speech Comm. (or other course)	3
EXSC 175	¹ Intro to EXSC and Sport Management	3
EXSC 101	Lifetime Wellness	1
	TOTAL CREDITS	14

SPRING SEMESTER 1		
COURSE	TITLE	CREDITS
BIBL 124	New Testament Survey	3
HUMN 102	Renaissance & Early Modern	4
EXSC 180	² Evidence-based Practice in EXSC	3
MATH 213	³ Statistics	3
COMP 111	Composition	3
	TOTAL CREDITS	16

FALL SEMESTER 2		
COURSE	TITLE	CREDITS
HUMN 201	18th & 19th Cty Cultures	4
COMP 211	Found. of Analytical Composition	3
BIOL 250	¹ Human Anatomy/Physiology	4
EXSC 208	¹ Principles of Training	3
	Elective	3
	TOTAL CREDITS	17

SPRING SEMESTER 2		
COURSE	TITLE	CREDITS
HUMN 202	Cultures of 20th & 21st Cty Cultures	4
MLGN 200	Intro to Calling & Career	0.5
EXSC 260	² Sport Psychology	3
BIOL 251	² Human Anatomy/Physiology	4
	Elective	3
	Elective	2
	Elective	0.5
	TOTAL CREDITS	17

FALL SEMESTER 3		
COURSE	TITLE	CREDITS
EXSC 341	¹ Exercise Physiology	4
EXSC 308	³ Measurement and Evaluation	3
	Social Learning	3
	Elective	3
	Elective	3
	TOTAL CREDITS	16

SPRING SEMESTER 3		
COURSE	TITLE	CREDITS
EXSC 352	² Kinesiology & Biomechanics	4
EXSC 401	² Research Methods	3
	Elective	3
	Elective	3
	Elective	3
	TOTAL CREDITS	16

FALL SEMESTER 4		
COURSE	TITLE	CREDITS
BIBL 471	Christ and Culture	3
EXSC 433	¹ Sport Nutrition	3
EXSC 436	¹ Exercise in Health and Disease	3
	Elective	3
	Elective	3
	Elective	1
	TOTAL CREDITS	16

SPRING SEMESTER 4		
COURSE	TITLE	CREDITS
EXSC 422	² Integration of Faith and EXSC	3
EXSC 491	³ Fieldwork	3
	Ethnic Studies option	3
	Elective	3
	Elective	3
	Elective	1
	TOTAL CREDITS	16
MINIMUM 128 NEEDED FOR GRAD		128

¹Required in major - offered Fall term only

²Required in major - offered Spring term only