

THE EXERCISE SCIENCE MAJOR – FITNESS & WELLNESS TRACK (BS)

Students may use the following courses to satisfy Core requirements: BIO 110, CHM 105, CHM 110, PSY 101, and RPH 205

NOTE: To graduate with a Bachelor of Arts or Bachelor of Science degree from Lyon College, students must successfully complete a minimum of 120 semester credit hours comprised of our required Core curriculum (44-48 hours), the requirements of at least one major (credit hours vary per major), and a selection of our Liberal Arts electives. They must also earn at least a 2.00 cumulative grade point average for all work taken at Lyon College and a 2.00 cumulative grade point average in their major, minor, and concentration.

Program: Exercise Science Major

SUMMARY OF REQUIREMENTS FOR A MAJOR IN EXERCISE SCIENCE – FITNESS & WELLNESS TRACK

Item #	Title	Credits
EXS 201	Health and Wellness	3
EXS 205	Nutrition Concepts for Exercise Science	3
EXS 207	First Aid and Care of Athletic Injuries	3
EXS 302	Kinesiology	3
EXS 309	Motor Learning	3
EXS 325	Fitness Assessment and Exercise Prescription	3
EXS 375	Exercise Physiology	4
EXS 450	Senior Seminar in Exercise Science	3
BIO 110	Principles of Biology I	4
BIO 260	Human Anatomy and Physiology I	4
BIO 262	Human Anatomy and Physiology II	4
	CHM 105 or CHM 110	4
PSY 101	Introduction to Psychology	3
	PSY 235 or BUS 323	3
PSY 290	Human Development	3
RPH 205	Introduction to Ethics	3
	Sub-Total Credits	53

CHOOSE TWO FROM THE FOLLOWING COURSES (5–6 CREDITS):

Item #	Title	Credits
	PSY 334 or PSY 339	3
OLP 150	Outdoor Leadership	3
	Sub-Total Credits	5-6

CORE CURRICULUM

Item #	Title	Credits
	Core Curriculum Requirements	44 - 48
	Sub-Total Credits	44-48
	Total credits:	102-107

CATEGORY DESCRIPTIONS

CHM 105 or CHM 110

Item #	Title	Credits
CHM 105	Introduction to Chemistry	4
CHM 110	General Chemistry I	4

PSY 235 or BUS 323

Item #	Title	Credits
PSY 235	Statistics for the Behavioral Sciences	3
BUS 323	Statistical Applications to Business Decision Making	3

BIO 310 and BIO 311

PSY 334 or PSY 339

Item #	Title	Credits
PSY 334	Learning and Behavior Analysis	3
PSY 339	Learning and Cognition	3

Core Curriculum Requirements

Developmental requirements (up to 6 credits):

Taken in the first semester, if placed into it:

- ENG 001 College English

Taken in the first year, if placed into it:

- MTH 001 Intermediate Algebra

Proficiency requirements (15 credits):

Taken in the first two years, if not placed out of it:

- MTH 101 College Algebra or
- MTH 103 College Algebra w/Lab or
- MTH 105 Mathematics for Liberal Arts

Taken in the first year (depending on placement):

- ENG 101 English Composition I (taken immediately if placed into it or immediately following completion of ENG 001 with a grade of 'C' or better)
- ENG 102 English Composition II (taken immediately following successful completion of ENG 101 with a grade of 'C' or better)

Recommended but not required in the first year:

- First-year of a foreign language

Common Core requirements (13–14 credits):

Taken in the first year (or within one year of completing any pre-requisite coursework):

- COR 100 Year One
- COR 101 Year One OH ONE

Taken anytime in the first TWO years:

- ENG 105 World Literature
- POL 105 The American Experience

Taken anytime prior to graduation:

- HIS 110 World Civilization
- HIS 112 World Civilization II

Distribution requirements:

One fine arts course (3 credits)

Select from the following:

- ART 101 Introduction to Visual Arts
- ART 201, 202 World Art I and II
- MUS 105 Language of Music
- MUS 110 Music Theory
- THE 101 Introduction to Theatre

One social science course (3 credits)

Select from the following:

- ANT 101 Introduction to Cultural Anthropology
- ECO 101 Principles of Economics I
- PSY 101 Introduction to Psychology

One mathematics course (3-4 credits)

Select from the following:

- MTH 105 Mathematics for Liberal Arts
- MTH 110 Elementary Functions
- MTH 115 Discrete Mathematics or MTH 290 Foundations of Modern Mathematics
- ECO 208 Quantitative Methods in Business, Economics, and Decision Science
- MTH 210 Calculus I
- BUS 323 Statistical Applications to Business Decision Making
- PSY 235 Statistics for the Behavioral Sciences

One lab science course (4 credits)

Select from the following:

- BIO 100, 100L Biology in Context
- BIO 110, 110L Principles of Biology I
- CHM 105, 105L Introduction to Chemistry
- CHM 110, 110L General Chemistry I
- PHY 210, 211 General Physics
- PHY 240, 241 Fundamentals of Physics
- SCI 100, 100L Physical Science for Liberal Arts

One religion/philosophy course (3 credits)

Select from the following:

- RPH 110 Old Testament
- RPH 120 New Testament
- RPH 130 Introduction to Christian Theology
- RPH 140 Introduction to World Philosophies
- RPH 150 World Religions
- RPH 205 Introduction to Ethics

Two physical education courses (0-2 credits)

Select from the following:

- PED courses with designations from 101 to 130
- OLP courses with designations from 120 to 130

NOTE: Only one activity (specified PED/OLP) course can be taken per semester. Additionally, only seven activity credits can be counted toward the graduation requirement.