

Exercise Science Major - Health Professions Track

Students may use the following courses to satisfy Core requirements: BIO 110, CHM 105, CHM 110, PHY 210, 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.

Summary of Requirements for a Exercise Science Major - Health Professions 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
PHY 210	General Physics I	3
PHY 211	General Physics I Laboratory	1
PSY 101	Introduction to Psychology	3
	PSY 235 or BUS 323	3
RPH 205	Introduction to Ethics	3

Choose two from the following (5-6 credits):

Item #	Title	Credits
OLP 150	Outdoor Leadership	3

CORE CURRICULUM

Item #	Title	Credits
	Core Curriculum Requirements (In addition to Major hours)	44-48
	Total Credits	103-108

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

Item #	Title	Credits
BIO 310	Health Coaching	1
BIO 311	Health Coaching Practicum	1

PSY 290 or PSY 335

Item #	Title	Credits
PSY 290	Human Development	3
PSY 335	Abnormal Psychology	3