## LA SIERRA UNIVERSITY

## **EXERCISE SCIENCE BS**

Total Units Required: 190 units

## **Required Course Listings**

This breakdown shows a Exercise Science BS Pathway to be completed in 4 years at La Sierra University. All courses with a star (\*) indicate a prerequisite or multiple prerequisites for the class. Courses with a dagger (†) are only offered in years ending with an odd number (e.g. 2022-2023 school year) and courses with a double dagger (‡) are only offered in years ending with an even number (e.g. 2023-2034 school year). By following the suggested/required sequencing all necessary prerequisite courses will be fulfilled. Please consult the Bulletin, Records, or your Guided Pathways Advisor for more information about prerequisites.

Major Requirements (88 units)								
Course	Course Title	<u>Units</u>						
EXSC 104	Seminar in Exercise Science	1						
EXSC 224	Structural Kinesiology*	4						
EXSC 254	Current Concepts & Applications of Fitness*	4						
EXSC 275	Critical Scholarship in Exercise Science⋆	4						
EXSC 350	Exercise Science Colloquium*	1						
EXSC 354	Methods of Fitness Instruction★	4						
EXSC 364	Research Methods for Exercise Science*	4						
EXSC 394	Internship in Exercise Science I*	2						
EXSC 424	Biomechanics of Human Movement*	4						
EXSC 426	Exercise Physiology	4						
EXSC 444	Physiological Assessment & Exercise Prescription	4						
EXSC 494	Internship in Exercise Science II	2						
HLSC 225	Nutrition Theory & Practice	4						
HLSC 326	Behavior Change in Health & Wellness*	4						
EXSC 416	Movement in Cultural Perspective*	4						
EXSC X00	Exercise Science Major Elective	20						
BIOL 131	Human Anatomy & Physiology I	5						
BIOL 132	Human Anatomy & Physiology II∗	5						
MATH 155	Introductory Statistics	4						
PHYS 117	Introduction to Physics	4						
PHYS 117L	Introduction to Physics Lab	0						

General Education Requirements (102 units)						
<u>Course</u>	<u>Course Title</u>					
UNST 101	First Year Seminar	3				
ENGL 111	College Writing I	3				
ENGL 112	College Writing II*	3				
ENGL 113	College Writing III*	3				
WDLG 151	World Language I	4				
WDLG 152	World Language II*	4				
WDLG 153	World Language III*	4				
HLSC 120	Lifetime Fitness	2				
SSCI 20X-SL	SSCI Theme Course (with Service Learning)	4				
THM1 X00	Theme I Elective	4				
HUMN 10X	HUMN Theme Course	4				
THM2 X00	Theme II Elective	8				
RLGN 304	Adventism in Global Perspective*	4				
RELB X00	Theme IIIBiii - Scripture Elective	4				
THM3 3/400	Theme III Elective Upper Division*	4				
THM3 X00	Theme III Elective	4				
NSCI 40X-SL	NSCI Theme Course (with Service Learning)*	4				
UNST 404G-SL	Senior Seminar: Religion, Values & Social Responsibility in Health & Movement (with Service Learning)*	4				
elct X00	Elective	32				

**Sequencing**Exercise Science BS Pathway in 4 years at La Sierra University.

Year 1	Fall Quarter (16 units)		Year 1	Winter Quarter (17 units)		Year 1	Spring Quarter (16 units)	
<u>Course</u>	Course Title	<u>Units</u>	<u>Course</u>	Course Title	<u>Units</u>	<u>Course</u>	Course Title	<u>Units</u>
EXSC 104	Seminar in Exercise Science	1	BIOL 132	Human Anatomy & Physiology II*	5	ENGL 113	College Writing III*	3
BIOL 131	Human Anatomy & Physiology I	5	MATH 155	Introductory Statistics	4	UNST 101	First Year Seminar	1
MATH 007	Introductory Algebra	4	ENGL 112	College Writing II*	3	THM1 X00	Theme I Elective	4
ENGL 111	College Writing I	3	UNST 101	First Year Seminar	1	THM2 X00	Theme II Elective	4
HLSC 120	Lifetime Fitness	2	HUMN 10X	HUMN Theme Course	4	elct X00	Elective	4
UNST 101	First Year Seminar	1						
Year 2	Fall Quarter (16 units)		Year 2	Winter Quarter (16 units)		Year 2	Spring Quarter (16 units)	
<u>Course</u>	Course Title	<u>Units</u>	<u>Course</u>	<u>Course Title</u>	<u>Units</u>	<u>Course</u>	<u>Course Title</u>	<u>Units</u>
HLSC 225	Nutrition Theory & Practice	4	EXSC 224	Structural Kinesiology*	4	EXSC 275	Critical Scholarship in Exercise Science*	4
EXSC X00	Exercise Science Major Elective	4	EXSC X00	Exercise Science Major Elective	4	EXSC X00	Exercise Science Major Elective	4
WDLG 151	World Language I	4	WDLG 152	World Language II*	4	PHYS 117	Introduction to Physics	4
elct X00	Elective	4	THM3 X00	Theme III Elective	4	PHYS 117L	Introduction to Physics Lab	0
		ļ				WDLG 153	World Language III*	4
Year 3	Fall Quarter (16 units)		Year 3	Winter Quarter (16 units)		Year 3	Spring Quarter (17 units)	
<u>Course</u>	Course Title	<u>Units</u>	<u>Course</u>	Course Title	<u>Units</u>	<u>Course</u>	<u>Course Title</u>	<u>Units</u>
EXSC 254	Current Concepts & Applications of Fitness*	4	EXSC 354	Methods of Fitness Instruction*	4	EXSC 350	Exercise Science Colloquium*	1
EXSC 394	Internship in Exercise Science I*	2	EXSC 444	Physiological Assessment & Exercise Prescription	4	EXSC 364	Research Methods for Exercise Science*	4
EXSC 426	Exercise Physiology	4	RELB X00	Theme IIIBiii - Scripture Elective	4	HLSC 326	Behavior Change in Health & Wellness*	4
NSCI 40X-SL	NSCI Theme Course (with Service Learning)*	4	THM2 X00	Theme II Elective	4	SSCI 20X-SL	SSCI Theme Course (with Service Learning)	4
	3)							
elct X00	Elective	2				elct X00	Elective	4
elct X00		2				elct X00	Elective	4
elct X00 Year 4		2	Year 4	Winter Quarter (16 units)		elct X00	Elective  Spring Quarter (16 units)	4
	Elective	2 <u>Units</u>	Year 4 <u>Course</u>	Winter Quarter (16 units) <u>Course Title</u>	<u>Units</u>			4 <u>Units</u>
Year 4	Elective Fall Quarter (16 units)				<u>Units</u> 2	Year 4	Spring Quarter (16 units)	
Year 4 <u>Course</u>	Fall Quarter (16 units)  Course Title  Movement in Cultural Perspective*  Senior Seminar: Religion, Values & Social Responsibility in Health & Movement	<u>Units</u>	Course	Course Title		Year 4 <u>Course</u>	Spring Quarter (16 units)  Course Title	<u>Units</u>
Year 4 Course EXSC 416 UNST 404G-SL	Fall Quarter (16 units)  Course Title  Movement in Cultural Perspective*  Senior Seminar: Religion, Values & Social Responsibility in Health & Movement (with Service Learning)*	<u>Units</u> 4 4	Course EXSC 494 EXSC X00	Course Title Internship in Exercise Science II Exercise Science Major Elective	2	Year 4 Course EXSC 424 EXSC X00	Spring Quarter (16 units)  Course Title  Biomechanics of Human Movement*  Exercise Science Major Elective	<u>Units</u> 4
Year 4  Course EXSC 416 UNST	Fall Quarter (16 units)  Course Title  Movement in Cultural Perspective*  Senior Seminar: Religion, Values & Social Responsibility in Health & Movement	<u>Units</u>	Course EXSC 494	Course Title Internship in Exercise Science II	2	Year 4  Course EXSC 424	Spring Quarter (16 units)  Course Title  Biomechanics of Human Movement*  Exercise Science Major Elective	<u>Units</u> 4