



B.S. Degree Exercise Science Major 2025/2026 Catalog

This program plan is valid only if the student registers for, and completes, a term at Brenau by summer 2026. If the student defers admission to fall 2026 or after, the student must contact the adviser to change to the subsequent catalog.

Women's College students must complete the GOLD Program Curriculum. The number of courses required will be based on the number of hours of transfer credit accepted.

Student Name _____

Id No _____

Previous Degree: _____ A.A. _____ A.S. _____ Bachelor's

Where/term degree earned _____

If the student transfers fewer than 24 post-secondary school hours to Brenau, one of the following courses is required to graduate:
AS 100W/AS 110/AS 111 (depending on program) _____

Liberal Education:

The Liberal Education program is divided into four portals. Please see the Brenau University catalog or the Brenau University web site for a list of applicable courses for each requirement. ***If the student earned a previous degree (must be A.A., A.S., or Bachelor's Degree) from a regionally accredited institution, the Liberal Education section of the student's program is considered complete.***

World Understanding	Term	Grade	Course Number & Title
Historical Perspective (3 hrs)	_____	_____	_____
Global Awareness (3 hrs)	Satisfied by major course.		
Civic Engagement (3 hrs)	Satisfied by major course.		
Scientific & Analytic Curiosity			
Mathematics (3 hrs)	_____	_____	_____
Science (7-8 hrs)	Satisfied by major course.		
	Satisfied by major course.		
Reasoning (3-4 hrs)	Satisfied by major course.		
Artistic & Creative Imagination			
Fine Arts (3 hrs)	_____	_____	_____
Literature (3 hrs)	_____	_____	_____
Lifetime Fitness (3 hrs)	_____	_____	HL _____ Title: _____
(Undergraduate students not enrolled in the Women's College may take HS 105 (3 hours) to satisfy this requirement.)	_____	_____	DA/LS/or LF _____ Title: _____
	_____	_____	DA/LS/LF/or HL _____ Title: _____
<i>Note: For Lifetime Fitness, Women's College students must take the three, one-hour courses as outlined above. LF 199 can count as either activity (LF) or classroom (HL) P.E.</i>			
Communication & Language Fluency			
Writing (6 hrs)	_____	_____	EH 101 Written Communication EH 102 Reading & Research Writing
Speaking (3 hrs)	_____	_____	_____
Modern Language (0-3 hrs)	_____	_____	_____ Modern Language at level 102 or higher
<i>Must complete language through the high beginner level (102 or equivalent. If 101 & 102 are taken, 101 can be applied toward the Communication requirement or used as a general elective. May be placed into 102 via WebCape or exempted by competency exam (BYU FLAT test or CLEP).</i>			
Communication (3 hrs)	_____	_____	_____

Comments:

_____ Needs English Placement Exam

Program Plan Revised by:

Date:

Note: Students must earn a cumulative grade point average of 2.0 and a major grade point average of 2.5. Students must earn a grade of “C” or better in all major courses.

MAJOR CORE: (33 hours)

Term	Grade	Course # & Title
_____	_____	EX 201 Exercise Science Practicum (1)
_____	_____	EX 300 Kinesiology (4)
_____	_____	EX 301 Biomechanics (3)
_____	_____	EX 304 Foundations of Exercise Science (3)
_____	_____	EX 305 Physiology of Exercise (3)
_____	_____	EX 402 Fitness Assessment & Prescription (3)
_____	_____	EX 404 Health Promotion & Disease Prev (3)
_____	_____	EX 407 Nutrition & Performance (3)
_____	_____	EX 408 Strength Training & Conditioning (4)
_____	_____	EX 490 Internship (3) (can take one for 6 hrs)
_____	_____	EX 490 Internship (3)

OTHER MAJOR REQUIREMENTS: (45 hours)

_____	_____	AY 101 Intro to Anthropology ^{LE} (3)
_____	_____	BY 111 Biological Science I ^{LE} (4)
_____	_____	BY 209 Anatomy and Physiology I ^{LE} (4)
_____	_____	BY 210 Anatomy and Physiology II ^{LE} (4)
_____	_____	PY 101 Intro to Psychology ^{LE} (3)
_____	_____	CY 121 General Chemistry I ^{LE} (4)
_____	_____	CY 122 General Chemistry II ^{LE} (4)
_____	_____	HS 102 Careers in the Help Prof ^{LE} (3)
_____	_____	HS 201 Clinical Medical Communications (3)
_____	_____	MS 205 Intro to Statistics ^{LE} (3)
_____	_____	PS 121 Introductory Physics I ^{LE} (4)
_____	_____	PY 202 Human Growth & Development (3)
_____	_____	PY 309 Abnormal Psychology (3)

Major Electives: (choose 12 hours)

_____	_____	BY 112 Biological Science II ^{LE} (4)
_____	_____	BY 206 Microbiology ^{LE} (4)
_____	_____	CD 230 Human Occupation & Lifestyle Des (3)
_____	_____	EX 302 Coaching Principles & Practice (3)
_____	_____	EX 303 Fitness Business Management (3)
_____	_____	EX 306 Personal Training (3)
_____	_____	EX 330 Prevention & Mgmt of Athl Injuries (3)
_____	_____	EX 401 Disability, Sport, & Physical Activity (3)
_____	_____	EX 403 Hlth & Exerc Across the Lifespan (3)
_____	_____	EX 405 Intro to Clinical Nutrition (3)
_____	_____	EX 406 Motor Control in Human Perform (3)
_____	_____	PS 122 Introductory Physics II ^{LE} (4)
_____	_____	PY 305 Sports Psychology (3)
_____	_____	PY 325 Psychology of Health (3)

Electives: Electives are not listed on the program plan by the Admissions Office, however all courses are posted to the student's transcript. Electives needed for graduation can be calculated simply by:

Adding

The total number of hours on the student's transcript
 (available in CampusWEB)

- hours earned for courses taken at the developmental level
- + courses currently registered for
- + courses still outstanding.

A minimum of 120 semester hours is required to graduate from Brenau University. After completing liberal education and major requirements, if the total number of hours on the student's transcript is not at 120, then the student must take enough general elective hours to reach a cumulative total of 120 hours. If a course is repeated, it is the student's responsibility to contact the Registrar's Office to adjust the earned hours on their transcript so that they are not short hours at graduation. Due to placement, a student may graduate with more than 120 semester hours.

Note: Financial aid recipients cannot receive aid for courses repeated unnecessarily or for courses not specifically required for their degree.

Residency requirement:

A residency requirement of 30 semester hours is required to graduate from Brenau University. This includes a major residency of 21 semester hours.

Note: This program plan is not an official document. It is a tool to assist the student and adviser in schedule planning.

^{LE} –Liberal Education course. All LE courses are noted on the plan whether satisfying a LE requirement or not.

*This program plan was prepared by the Registrar's Office.
 Revised 02/2025*