



**B.S. Degree  
Exercise Science Major  
2019/2020 Catalog**

Student Name _____
Id No _____
Previous Degree: _____ A.A. _____ A.S. _____ Bachelor's
Where/term degree earned _____

This program plan is valid only if the student registers for, and completes, a term at Brenau by summer 2020. If the student defers admission to fall 2020 or after, the student must contact the adviser to be changed 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.

**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.***

<b>World Understanding</b>	<b>Term</b>	<b>Grade</b>	<b>Course Number &amp; Title</b>
Historical Perspective (3 hrs)	_____	_____	_____
Global Awareness (3 hrs)	Satisfied by major course.		
Civic Engagement (3 hrs)	Satisfied by major course.		
<b>Scientific &amp; Analytic Curiosity</b>			
Mathematics (3 hrs)	_____	_____	_____
Science (7-8 hrs)	Satisfied by major course.		
	Satisfied by major course.		
Reasoning (3-4 hrs)	Satisfied by major course.		
<b>Artistic &amp; Creative Imagination</b>			
Fine Arts (3 hrs)	_____	_____	_____
Literature (3 hrs)	_____	_____	_____
Lifetime Fitness (3 hrs)	Satisfied by major course.		
<small>(Undergraduate students not enrolled in the Women's College may take HS 105 (3 hours) to satisfy this requirement.)</small>	_____	_____	DA/LS/or LF _____ Title: _____
	_____	_____	DA/LS/LF/ or HL _____ Title: _____
<small>Note: For Lifetime Fitness, Women's College students must take the three, one-hour courses as outlined above.</small>			
<b>Communication &amp; Language Fluency</b>			
Writing (6 hrs)	_____	_____	EH 101 Written Communication EH 102 Reading & Research Writing
Speaking (3 hrs)	_____	_____	_____
Modern Language (0-3 hrs)	_____	_____	CH/IN/FH/or SH 102/or 115 (or higher)
	<small>Must complete language through the high beginner level (102 or equivalent. If 101 &amp; 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).</small>		
Communication (3 hrs)	_____	_____	_____

Comments: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_ Needs math placement exam.  
 \_\_\_\_\_ 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 (6)

**OTHER MAJOR REQUIREMENTS:** (50 hours)

_____	_____	AY 101 Intro to Anthropology <sup>LE</sup> (3)
_____	_____	BY 111 Biological Science I <sup>LE</sup> (4)
_____	_____	BY 209 Anatomy and Physiology I <sup>LE</sup> (4)
_____	_____	BY 210 Anatomy and Physiology II <sup>LE</sup> (4)
_____	_____	PY 101 Intro to Psychology <sup>LE</sup> (3)
_____	_____	CY 121 General Chemistry I <sup>LE</sup> (4)
_____	_____	CY 122 General Chemistry II <sup>LE</sup> (4)
_____	_____	HL 102 Exercise Science <sup>LE</sup> (1)
_____	_____	HS 102 Careers in the Help Prof <sup>LE</sup> (3)
_____	_____	HS 201 Clinical Medical Communications (3)
_____	_____	MS 205 Intro to Statistics <sup>LE</sup> (3)
_____	_____	PS 121 General Physics I <sup>LE</sup> (4)
_____	_____	PS 122 General Physics II <sup>LE</sup> (4)
_____	_____	PY 202 Human Growth & Development <sup>LE</sup> (3)
_____	_____	PY 309 Abnormal Psychology (3)

**Major Electives:** (choose 9 hours)

_____	_____	BA 331 Business of Sport (3)
_____	_____	BY 112 Biological Science II <sup>LE</sup> (4)
_____	_____	BY 206 Microbiology <sup>LE</sup> (4)
_____	_____	CD 230 Human Occupation & Lifestyle Des (3)
_____	_____	EX 302 Coaching Principles & Practice (3)
_____	_____	EX 303 Fitness Business Management (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)
_____	_____	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.*

<sup>LE</sup> –Liberal Education course. All LE courses are noted on the plan whether satisfying a LE requirement or not.



## 2019-2020 Liberal Education Courses by Portal

<b>WORLD UNDERSTANDING</b>		
<b>Historical Perspective (3)</b> <i>Demonstrate knowledge of major events and movements in history and use this knowledge to generate a more sophisticated understanding of current events.</i>	HY 201 History of US I HY 202 History of US II HY 205W Women in U.S. History I	HY 206W Women in U.S. History II HY 210 World Civilization I HY 211 World Civilization II
<b>Civic Engagement (3)</b> <i>Demonstrate an appreciation of the importance of civic engagement in a global society.</i>	BA 206 Microeconomics BA 223 Principles of Leadership ED 208 or 208W School and Society GS 200 or 200W Intro to Gender Studies HN 220 Honors Sem: World Understanding HS 102 Careers-Helping Profess	MM 101 Intro to Mass Comm MM 200 Diversity in Media PH 222 Introduction to Ethics PO 101 American Government PO 233 Law and Society SY 101 Introduction To Sociology
<b>Global Awareness (3)</b> <i>Demonstrate an understanding of global issues and their implications for local communities.</i>	AY 101 Intro to Anthropology BA 200 Survey of Economics ED 250 or 250W Intro to Multicultural Educ ED 265 or 265W International Studies GS 250 or 250W Gender & the Global Envir GY 201 Intro to Geography HN 250 or 250W Honors Research and Travel	HY 240 Crises in Modern History HYPO 307 or 307W Wom/Minor-Contem Hist/Pol IS 101 Current Global Issues MM 260 Media History and Culture PH 207 World Religions

<b>ARTISTIC &amp; CREATIVE IMAGINATION</b>		
<b>Fine Arts (3)</b> <i>Understand artistic concepts and traditions through participating in or exposure to artistic endeavors.</i>	AH 100 Art Appreciation AH 214 or 214W Art History Special Topics AH 223 Art History I AH 224 Art History II AR 101/101L Foundations: 2D & 3D Design AR 231 Visual Media DA 100 Dance Appreciation HN 230 Honors Sem: Art/Creative Imagination ID 308 History of Inter/Architecture I	ID 309 History of Inter/Architecture II MC 101 World Music Appreciation MC 214 Special Topics in Music MC 216 Intro to Arts in Health Care MM 100 or 100W Film Appreciation TH 100 Theatre Appreciation TH 221 Theatre History I TH 222 Theatre History II TH 223 Hist. of the Musical Theatre
<b>Literature (3)</b> <i>To analyze meaning and recognize aesthetic elements in literary texts.</i>	EH 200 Mythology: Sacred St/Hum Lives EH 201 Western World Literature EH 202 Asian & African Lit EH 203 Varied Voices in American Lit EH 210 British Lit before 1700	EH 211 British Lit after 1700 EH 220 American Lit before 1865 EH 221 American Lit after 1865 EH 245 or 245W Women's Literary Studies
<b>Lifetime Fitness (3)</b> 1 hr HL 1 hr LS/LF/DA 1 hr either <i>Appreciate one's health status and implement a plan for health and fitness.</i>  <i>Students not enrolled in the day program may take HS 105 (3 hours) to satisfy this requirement.</i>	DA 101 Ballet Technique DA 102 Ballet Technique DA 105 Modern Dance Technique DA 106 Modern Dance Technique DA 108 Jazz Dance Technique DA 109 Jazz Dance Technique DA 118 World Dance DA 119 Tap Dance DA 123 MindBody Yoga DA 151 Ballet Technique DA 152 Ballet Technique DA 155 Modern Dance Technique DA 156 Modern Dance Technique DA 158 Jazz Dance Technique DA 159 Jazz Dance Technique DA 160 Ballroom Dancing	DA 214 Intermediate Tap Dance HL 101 Drug Abuse/Alcoholism HL 102 Exercise Science HL 103 First Aid:Respond to Emergen HL 104 Human Sexuality HL 105 or 105W Self Defense HL 106 Healthy Habits HS 105 Healthy Lifestyle Habits (3) LF 101 Aerobics LF 105 Fitness Swimming/Walking LF 109 Pers Fitness/Weight Training LF 112 Karate LF 199 Varsity Sports ** LS 103 Bowling/Billiards LS 104 Golf LS 106 Tennis

\*\* Taken by Brenau's varsity sport teams. These courses can count toward classroom (HL) or activity (DA/LS/LF) physical education requirements.  
 Note: "W" classes (ex EH 101W) are open only to Women's College students – no exceptions.

## 2019-2020 Liberal Education Courses by Portal

<b>SCIENTIFIC &amp; ANALYTIC CURIOSITY</b>		
<b>Mathematics (3)</b> <i>Demonstrate quantitative reasoning through numeric, symbolic, or geometric means.</i>	MS 101 College Algebra MS 111 Pre-Calculus/Trigonometry	MS 210 Calculus and Analytic Geometry
<b>Science (7-8)</b> <i>(one course must be a 4 hour lab science)</i> <i>Demonstrate competency in a specific curriculum and appraise the impact of that science in one's life.</i>	BY 105/L Human Biology w/lab BY 111/L Biolog Science I (majors) w/lab BY 112/L Biological Sci II (majors) w/lab BY 151/L International Biol. Field Studies w/lab BY 206/L Microbiology w/lab BY 209/L Human Anatomy/Phys I w/lab BY 210/L Human Anatomy/Phys II w/lab CY 103/L Principles of Chemistry w/lab CY 110 Forensic Science (can take w/out lab) CY 121/L General Chemistry I w/lab CY 122/L General Chemistry II w/lab	PS 100 Physical Science PS 104 Earth Science PS 110 Physical Geography w/ Lab PS 111 Meteor/Climatology w/ Lab PS 112 Astronomy w/ Lab PS 121/L General College Physics I w/lab PS 122/L General College Physics II w/lab PS 180 Cities & the Environment PY 101 or 101W Intro to Psychology ^^ PY 101/L Intro to Psychology Lab ^^ <i>(^^Can take with/without lab for LE science. If taken with lab, the lab <u>must</u> be take the same term as the lecture.)</i>
<b>Reasoning (3-4)</b> <i>Be able to think critically and solve problems effectively.</i>	AH 215 or 215W The Creative Mind BA 107 Personal Finance BA 203 Critical/Creative Thinking HN 240 Honors Sem: Sci/Analy Cur ID 275 Interior Design – Process	MS 205 Introduction to Statistics MS 207 Problem Solving PH 205 Intro to Philosophy PH 240 Philosophy of Art

<b>COMMUNICATION &amp; LANGUAGE FLUENCY</b>		
<b>Writing(6)</b> <i>Compose effective and logical written communication.</i>	EH 101 or 101W Written Communication	EH 102 or 102W Reading & Research Writing
<b>Speaking (3)</b> <i>Demonstrate effective oral communication.</i>	EH 103 or 103W Oral Communication HN 210 Hon Sem: Comm/Lang Fluency	MM 105 Effective Interpersonal Comm SP 108 or 108W Fundamentals of Speech
<b>Modern Language (0-3)</b> <i>Communicate in a modern language other than English</i>  <b>Must complete language through the high beginner level (102 or equivalent).</b> <i>If 101 &amp; 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>  <i>Note: Please see the catalog for specifics concerning the modern language requirement and placement options.</i>	CH 101 Chinese Language and Culture I CH 102 Chinese Language and Culture II CH 115 Applied Chinese (beginner) CH 201 Intermediate Chinese I CH 202 Intermediate Chinese II CH 215 Applied Chinese FH 101 French Language and Culture I FH 102 French Language and Culture II FH 115 Applied French (beginner) FH 201 Intermediate French I FH 202 Intermediate French II FH 203 Composition & Conversation FH 215 Applied French IN 101 Italian Language and Culture I	IN 102 Italian Language and Culture II IN 115 Applied Italian (beginner) IN 201 Interm Italian I w/Lab IN 202 Intermediate Italian II w/lab IN 203 Composition & Conversation IN 215 Applied Italian SH 101 Spanish Language and Culture I SH 102 Spanish Language and Culture II SH 115 Applied Spanish SH 201 Interm Spanish I w/ Lab SH 202 Interm Spanish II w/ Lab SH 203 Composition & Conversation SH 215 Applied Spanish
<b>Communication (3)</b> <i>Apply communication skills in a given context.</i>  <i>Select from these courses or any from the communication and language fluency portal not already used.</i>	AH 105 Aesthetic Communication BA 208 Business Communications CS 101 Computer Literacy EH 360 Creative Writing GR 207 or 207W (&/L) Digital Graphic Des w/lab	LE 300 Conflict Resolution MM 215 Persuasion MM 220 Communication Theory

Note: "W" classes (ex EH 101W) are open only to Women's College students – no exceptions.