

# 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. 2023-2024 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)			General Education Requirements (102 units)		
Course	Course Title	Units	Course	Course Title	Units
EXSC 104	Seminar in Exercise Science	1	UNST 101	First Year Seminar	3
EXSC 224	Structural Kinesiology★	4	ENGL 111	College Writing I	3
EXSC 254	Current Concepts & Applications of Fitness★	4	ENGL 112	College Writing II★	3
EXSC 275	Critical Scholarship in Exercise Science★	4	ENGL 113	College Writing III★	3
EXSC 350	Exercise Science Colloquium★	1	WDLG 151	World Language I	4
EXSC 354	Methods of Fitness Instruction★	4	WDLG 152	World Language II★	4
EXSC 364	Research Methods for Exercise Science★	4	WDLG 153	World Language III★	4
EXSC 394	Internship in Exercise Science I★	2	HLSC 120	Lifetime Fitness	2
EXSC 424	Biomechanics of Human Movement★	4	SSCI 20X-SL	SSCI Theme Course (with Service Learning)	4
EXSC 426	Exercise Physiology	4	THM1 X00	Theme I Elective	4
EXSC 444	Physiological Assessment & Exercise Prescription	4	HUMN 10X	HUMN Theme Course	4
EXSC 494	Internship in Exercise Science II	2	THM2 X00	Theme II Elective	8
HLSC 225	Nutrition Theory & Practice	4	RLGN 304	Adventism in Global Perspective★	4
HLSC 326	Behavior Change in Health & Wellness★	4	RELB X00	Theme IIIBiii - Scripture Elective	4
EXSC 416	Movement in Cultural Perspective★	4	THM3 3/400	Theme III Elective Upper Division★	4
EXSC X00	Exercise Science Major Elective	20	THM3 X00	Theme III Elective	4
BIOL 131	Human Anatomy & Physiology I	5	NSCI 40X-SL	NSCI Theme Course (with Service Learning)★	4
BIOL 132	Human Anatomy & Physiology II★	5	UNST 404G-SL	Senior Seminar: Religion, Values & Social Responsibility in Health & Movement (with Service Learning)★	4
MATH 155	Introductory Statistics	4	elct X00	Elective	32
PHYS 117	Introduction to Physics	4			
PHYS 117L	Introduction to Physics Lab	0			

