

Lincoln College BS in Exercise Science Curriculum Map

Outcome: Foundation: 24 Mathematics: 7 Core: 33 Senior: 6 Total: 70	1. Effectively communicate content related to the field of exercise science in oral and written formats to appropriate clientele.	2. Apply scientific principles/theories of healthy behavior to prescribe exercise as a therapeutic and preventive modality.	3. Produce solutions to problems related to responses and adaptations to physical activity and exercise through the use of scientific assessment methods.	4. Evaluate the behavioral and cultural factors that influence the adoption and maintenance of a physically active lifestyle.	5. Articulate the ethical standards of exercise science by applying professional behavior consistent with an understanding of the societal and individual importance of a healthy, active lifestyle.	6. Synthesize information to design solutions for wellness concerns among individuals and communities in real world settings.
BIO 107 (F) – 4		I	I			
BIO 108 (F) – 4		R	R			
BIO 112 (F)- 3		R		I		
CHM 101/CHM 140 (F) – 4		R	R			
Health/Fitness (F) – 4						I
PSY 101 (F) – 3				R		R
PSY 208 (F) – 3				R		R
PHY 204 (F) – 4		R	R			
MAT 125 (M) - 3		R	R			R
MAT 119 (M) - 4		R	R	R		
EXS 201 (Core) - 2						
EXS 205 (Core) – 3	I	R			I	R
EXS 215 (Core) – 4		R	R			R
EXS 320 (Core) – 4		R	R			R
EXS 330 (Core) - 3	R	R	R			
EXS 335 (Core) – 3	R			R	R	R
EXS 353 (Core) - 3	R	R	R	R	R	R
EXS 360 (Core) – 3	R	R	R	R		R
EXS 390 (Core) – 4		R	R		R	R
EXS 405 (Core) – 4		R	R			
EXS 491 (Senior) – 3	R	R	R	R	R	R
EXS 495 (Senior) – 3	M	M	M	M	M	M
Total hours - 70						