BLUE MOUNTAIN COLLEGE **Student Name:** _____
DEPARTMENT OF KINESIOLOGY **Bachelor of Science**
Degree Plan (45) February 2021 **EXERCISE SCIENCE | 120 HOURS**

Student Number: _____ E-mail: _____ Advisor: _____
Date Plan Prepared: _____

Classification: F SO J SR PG Sem/Yr of Anticipated Graduation: _____

COLLEGE CORE REQUIREMENTS (44-48 HOURS)

COURSE	CREDIT	SEM	TRANSFER	GRADE
ENGLISH—12-14 hours				
EN 100 English Composition I	3-4	_____	_____	_____
or EN 110 English Composition I-Honors				
EN 101 English Composition II	3-4	_____	_____	_____
or EN 111 English Composition II-Honors				
Select one from any 200-level literature course. EN 200 is recommended for students who take EN 100/EN 101 Intensive.				
EN ____ _____	3	_____	_____	_____
Select one 200-level or above 3-hour EN course.				
EN ___ _____	3	_____	_____	_____
HISTORY--6 hours. Select 2 from the following courses.				
HI 110 Western Civilization I				
HI 111 Western Civilization II	3	_____	_____	_____
HI 210 Early U.S. History				
HI 211 Modern U.S. History	3	_____	_____	_____
SOCIAL/BEHAVIORAL SCIENCE--6 hours. Select any course with CJ, EC, GG, PS, or SO prefix.				
___ ____ _____	3	_____	_____	_____
PY 100 Intro to Psychology	3	_____	_____	_____
BIBLICAL STUDIES—6 hours. Select 2 from the following courses.				
RL 100 Old Testament I				
RL 101 Old Testament II	3	_____	_____	_____
RL 200 New Testament I				
RL 201 New Testament II	3	_____	_____	_____
BIOLOGICAL SCIENCE—6+2 hours. Met in major requirements.				
PHYSICAL SCIENCE—3-4 hours				
PH ____ _____	3-4	_____	_____	_____
MATHEMATICS—3-4 hours				
MA ____ _____	3-4	_____	_____	_____
FINE ARTS—3 hours. Choose from AR 142, MU 142, ST 142, or ST 210				
_____ _____	3	_____	_____	_____
PHYSICAL FITNESS—2 hours				
PE 127 Fitness for Life—Cardio				
or PE 128 Fitness for Life--Resistance	1	_____	_____	_____
Any Activity Course with PE prefix				
PE ____ _____	1	_____	_____	_____
Elective—3 hours				
_____ _____	3	_____	_____	_____

MAJOR REQUIREMENTS (43 HOURS)

COURSE	CREDIT	SEM	TRANSFER	GRADE
EX 215 Intro. To Exer. Sci/Field Observations	2	_____	_____	_____
EX 310 Clinical Exer. Physio./Prescription	3	_____	_____	_____
EX 360 Exercise Leadership & Administration	3	_____	_____	_____
EX 390 Strength Training & Conditioning	3	_____	_____	_____
EX 433 Anatomical Kinesiology	3	_____	_____	_____
EX 451 Quantitative Analysis in Kinesiology	3	_____	_____	_____
EX 465 Physiology of Exercise	3	_____	_____	_____
EX 475 Physiological Assessment of Exercise	3	_____	_____	_____
EX 480 Internship in Exercise Science	3	_____	_____	_____
EX 495 Sr Seminar in Research Methodology	3	_____	_____	_____
HS 104 Personal Health	3	_____	_____	_____
Choose one of the following:				
HS 300 Principles of Nutrition	3	_____	_____	_____
OR HS 312 Prevention & Care of Athletic Injuries				
BY 390 Human Anat. & Physiology & Lab	3+1	_____	_____	_____
BY 391 Human Anat. & Physiology & Lab	3+1	_____	_____	_____

MINOR: _____
REQUIREMENTS (18-26 HOURS)

_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

Additional degree requirements are outlined in the BMC Catalog and on the following page.

BLUE MOUNTAIN COLLEGE
DEPARTMENT OF KINESIOLOGY
Degree Plan (45) February 2021

Student Name: _____

Bachelor of Science
EXERCISE SCIENCE | 120 HOURS

ELECTIVES (3-15 HOURS)

____	_____	_____	____	_____	_____
____	_____	_____	____	_____	_____
____	_____	_____	____	_____	_____
____	_____	_____	____	_____	_____
____	_____	_____	____	_____	_____
____	_____	_____	____	_____	_____
____	_____	_____	____	_____	_____
____	_____	_____	____	_____	_____
____	_____	_____	____	_____	_____
____	_____	_____	____	_____	_____
____	_____	_____	____	_____	_____
____	_____	_____	____	_____	_____
____	_____	_____	____	_____	_____
____	_____	_____	____	_____	_____
____	_____	_____	____	_____	_____
____	_____	_____	____	_____	_____
____	_____	_____	____	_____	_____
____	_____	_____	____	_____	_____
____	_____	_____	____	_____	_____
____	_____	_____	____	_____	_____

OTHER COLLEGES ATTENDED:

_____

_____

_____

_____

_____

_____

25% of degree hours earned at BMC? _____
(25% x _____ (total hours) =_____)

TOTAL TRANSFER HOURS	
TOTAL UPPER LEVEL HOURS	
CORE HOURS	
MAJOR HOURS	
MINOR HOURS	
ELECTIVE HOURS	
TOTAL HOURS EARNED	

PROFICIENCIES MET?

AREA	**SEMESTER MET**
Math	
English	
Junior ETS	