

# BACHELOR OF SCIENCE IN EXERCISE SCIENCE



MISSOURI VALLEY  
COLLEGE

## 2026-2027 Four Year Curriculum Plan

The curriculum plan is subject to change and is merely a suggestion; your actual plan may vary. Many factors impact your course sequencing and time to degree. See the current MVC Academic Catalog for more information, including MVC academic policies, curriculum, pre-requisites, and course information.

FALL SEMESTER		SPRING SEMESTER	
<b>Freshman Year</b>		<b>Freshman Year</b>	
EXSI 100 Introduction to Exercise Science	2 crs.	BIOL 104 Principles of Biology, <i>NS Core 1</i>	4 crs.
MATH 150 or Higher, <i>Core</i>	3 crs.	EXSI 245 Personal Health & Conditioning	2 crs.
Oral Communication, <i>Core</i> (COMM 100, 105, 110, 220 or HONR 210)	3 crs.	PHYS 240 Motor/Perceptual Motor Development	3 crs.
Social & Behavioral Science Constitution, <i>S &amp; BS Core 1</i> (HS 104, HS 105, or PS 100)	3 crs.	PSYC 100 Principles of Psychology, <i>S &amp; BS Core 2</i>	3 crs.
Written Communication, <i>Core 1</i> (ENGL 130)	3 crs.	Written Communication, <i>Core 2</i> (ENGL 160 or HONR 190)	3 crs.
<b>TOTAL CREDITS</b>	<b>14</b>	<b>TOTAL CREDITS</b>	<b>15</b>
<b>Sophomore Year</b>		<b>Sophomore Year</b>	
BIOL 275 Human Anatomy & Physiology I	4 crs.	EXSI 230 Prevention & Treatment of Athletic Injuries	3 crs.
Humanities & Fine Arts Group 1, <i>Core</i>	3 crs.	Elective	3 crs.
Humanities & Fine Arts Group 2, <i>Core</i>	3 crs.	Humanities & Fine Arts Group 3, <i>Core</i>	3 crs.
Natural Science Elective, <i>NS Core 2</i>	3-5 crs.	MATH 200 Introduction to Statistics, <i>GE Elective Core</i>	3 crs.
PHYS 233 First Aid/CPR	2 crs.	Social & Behavioral Science Elective, <i>S &amp; BS Core 3</i>	3 crs.
<b>TOTAL CREDITS</b>	<b>15-17</b>	<b>TOTAL CREDITS</b>	<b>15</b>
<b>Junior Year</b>		<b>Junior Year</b>	
EXSI 334 Kinesiology, <i>Writing Intensive</i>	3 crs.	EXSI 359 Community Health	2 crs.
EXSI 335 Exercise Physiology	3 crs.	EXSI 385 Human Nutrition	3 crs.
General Education <i>Core</i> Elective, <i>If Necessary</i>	0-2 crs.	PHYS 300 Organization & Administration of Physical Education/Athletic Program	2 crs.
PHYS 333 Psychology & Sociology of Sports	3 crs.	Electives	6 crs.
Elective	3 crs.	Upper Level Course Elective	3 crs.
<b>TOTAL CREDITS</b>	<b>12-14</b>	<b>TOTAL CREDITS</b>	<b>16</b>
<b>Senior Year</b>		<b>Senior Year</b>	
EXSI 307 Theories of Strength & Conditioning	3 crs.	EXSI 400 Exercise Promotion & Prescription, <i>Service Learning</i>	3 crs.
EXSI 320 Health & Fitness Testing	3 crs.	EXSI 485 Senior Seminar	2 crs.
Electives	6 crs.	Electives	6-10 crs.
Upper Level Course Elective	3 crs.	Upper Level Course Elective	3 crs.
<b>TOTAL CREDITS</b>	<b>15</b>	<b>TOTAL CREDITS</b>	<b>14-18</b>

### RECOMMENDED EXERCISE SCIENCE ELECTIVES

EXSI 341 Professional Credentialing	2 crs.	EXSI 402 Sports Nutrition	2 crs.
EXSI 401 Health Promotion Internship	1-9 crs.	EXSI 500 Advanced Exercise Physiology	3 crs.
EXSI 505 Advanced Sports Nutrition	3 crs.	EXSI 510 Exercise and Sport Psychology	3 crs.

\*Graduate programs often have specific prerequisites for admission beyond the courses listed above. For example, but not limited to, *Athletic Training: Anatomy & Physiology II, Chemistry I, and Physics I; Physical Therapy: Algebra, Anatomy & Physiology II, Chemistry I & II, Physics I & II, additional Biology and Psychology courses, and Medical Terminology.* Each College/University have different prerequisites requirements and it's the responsibility of the student to investigate specific program admission requirements, inform your MVC academic advisor, and fit those into the curriculum plan.

### MINIMUM GRADUATION REQUIREMENTS

*Minimum 120 credits to earn a Bachelors degree.		*A Writing Intensive course.
*Minimum 36 credits of upper level courses ( <i>300 or above</i> ).		*A Service Learning course.
*Minimum 42 credits of general education core courses.		

## RESOURCES FOR EXERCISE SCIENCE MAJORS!

### ATHLETIC TRAINING

*National Athletic Trainers' Association (www.nata.org)*

*Board of Certification for Athletic Trainers (www.bocatc.org)*

*Commission on Accreditation of Athletic Training Education (www.caate.net)*

### EXERCISE SCIENCE

*National Strength and Conditioning Association (www.nasca.com)*

-Strength and Conditioning Specialist

-Personal Trainer

-Special Populations Specialist

-Tactical Strength & Conditioning Facilitator

*American College of Sports Medicine (www.acsm.org)*

Health Fitness Certifications

Clinical Certifications

-Personal Trainer

-Certified Exercise Physiologist

-Group Exercise Instructor

-Clinical Exercise Physiologist

Specialty Certificates

-Exercise is Medicine Credential

-Cancer Exercise Specialist

-Autism Exercise Specialist

-Physical Activity and Public Health Specialist

-Inclusive Fitness Specialist

-Youth Fitness Specialist

*National Academy of Sports Medicine (www.nasm.org)*

-Personal Trainer

-Group Personal Training Specialization

-Weight Loss Specialization

-MMA Conditioning Specialization

-Behavior Change Specialization

-Women's Fitness Specialization

-Corrective Exercise Specialization

-Youth Exercise Specialization

-Performance Enhancement Specialization

-Senior Fitness Specialization

-Sport Nutrition Specialization

-Physique and Bodybuilding Coach

-Stretching and Flexibility Coach

-Golf Fitness Specialization

*American Society of Exercise Physiologists (www.asep.org)*

-Board Certified Exercise Physiologist

### NUTRITION

*Academy of Nutrition and Dietetics (www.eatright.org)*

-Accreditation Council for Education in Nutrition and Dietetics (www.eatrightpro.org/acend)

### OCCUPATIONAL THERAPY

*American Occupational Therapy Association (www.aota.org)*

-American Occupational Therapy Association Accreditation (www.acoteonline.org)

### PHYSICAL THERAPY

*American Physical Therapy Association (www.apta.org)*

-Commission on Accreditation in Physical Therapy Education (www.capteonline.org)