

Bethune-Cookman University								
Bachelors of Science in HEALTH & EXERCISE SCIENCE								
Track 1: Sport, Fitness and Health - Total Hours: 122								
FRESHMAN YEAR								
<u>First Semester</u>				<u>Second Semester</u>				
FC	110	Freshman Seminar 1	1	FC	111	Freshman Seminar 2	1	
EN	131	College English 1*	3	EN	132	College English 2	3	
ML	131	Modern Language	3	ML	132	Modern Language	3	
HI	130	African American History	3	RELI	110	Understanding Faith	3	
MAT	131	Liberal Arts Mathematics*	3	MAT	132	College Math	3	
BI	141	Principles of Biology I	3	MA	134	OR College Algebra		
BI	141	Principles of Biology I Lab	1	SM	131	Intro to Sports Medicine	3	
Total:			17	Total:			16	
SOPHOMORE YEAR								
<u>First Semester</u>				<u>Second Semester</u>				
PS	231	General Psychology	3	Free Elective				3
SS	245	Interdisciplinary Social Science	3	FC	280	Sophomore Seminar: Leadership	1	
BI	3XX	Human Anatomy	4	SC	230	Intro to Effective Oral Comm	2	
SS	239	Social Science Statistics	3	BI	3XX	Human Physiology	4	
Free Elective			3	CHS	230	Sports Nutrition	3	
				PE	215	Care and Prevention of Ath Injury	3	
Total:			16	Total:			16	
JUNIOR YEAR								
<u>First Semester</u>				<u>Second Semester</u>				
Junior Seminar: Entrepreneurship			1	PE	435	Physiology of Exercise	3	
HES	370	Program Design in Exercise	3	RP	230	Ethics	2	
PE	335	Kinesiology	3	HES	330	Facility Management	3	
PE	341	Motor Development	3	HES	375	Theory of Strength & Conditioning	3	
PE	336	Personal/Community Health	3	Restricted Elective				3
Restricted Elective			3					
Total:			16	Total:			14	
SENIOR YEAR								
<u>First Semester</u>				<u>Second Semester</u>				
HES	429	Exercise Prescription	3	HES	490	HES Internship	12	
HES	458	Pathophysiology of Ex Science	3					
HES	499	Senior Seminar	3	Total:			12	
HES	411	Health Appraisal Ex Science	3					
Restricted Elective			3					
Total:			15					

\*Based on your placement testing scores, these courses may require prerequisites which may extend the number of semesters needed to complete degree requirements. These prerequisites do not count towards the degree for graduation.

\*\***MARCHING BAND MEMBERS ONLY, substitute PE Activity with MUB 110.**

\*\***ROTC MEMBERS ONLY, substitute PE Activity with MY 104 and MYL 104/ MY 104 Lab.**

Track 1- Sport, Fitness and Health: Restricted Electives

CHS	220	Medical Terminology	3
HES	4xx	Sport Psychology	3
BI	142	Principles Biology II	3
BIL	142	Principles Biology II Lab	1
CH	141	Chemistry I	3
CHL	141	Chemistry I Lab	1
CH	142	Chemistry II	3
CHL	142	Chemistry II Lab	1
PH	241	Physics I	3
PH	241	Physics I 241 Lab	1
PH	242	Physics II	3
PH	242	Physics II 242 Lab	1
MAT	135	Pre-Calculus	3
MAT	136	Analytical Trigonometry	3
PE	338	Admin and Organization of PE	3
PE	430	Adapted PE	3

**All courses have been approved by faculty and program**

**1/5/2017**

Bethune-Cookman University			
Bachelors of Science in HEALTH & EXERCISE SCIENCE			
Track 2: Pre-Clinical Health — Total Hours: 125			

### FRESHMAN YEAR

First Semester				Second Semester					
FC	110	Freshman Seminar I	1	FC	111	Freshman Seminar II	1		
EN	131	College English I*	3	EN	132	College English II	3		
MAT	135	Pre Calculus*	3	MAT	136	Analytical Trigonometry	3		
ML	131	Modern Language I	3	ML	132	Modern Language II	3		
HI	130	African American History	3	RELI	110	Understanding Faith	3		
BI	141	Principles of Biology I	3	BI	142	Principles of Biology II	4		
BIL	141	Principles of Biology I Lab	1						
			<b>Total</b>	17				<b>Total</b>	17

### SOPHOMORE YEAR

First Semester				Second Semester					
PS	230	General Psychology	3	FC	280	Sophomore Seminar: Leadership	1		
SS or HU	245 or 225	Interdisc. Social Science or Interdisciplinary Humanities	3			Free Elective	3		
				CHS	220	Medical Terminology	3		
SC	230	Intro/Oral Communication	2	HES (SM)	131	Intro to Sports Medicine	3		
SS	239	Social Science Statistics	3	HES (CHS)	230	Sports Nutrition	3		
BI	3xx	Human Anatomy	4	BI	3xx	Human Physiology	4		
			<b>Total</b>	15				<b>Total</b>	17

### JUNIOR YEAR

First Semester				Second Semester					
FC	380	Jr Seminar: Entrepreneurship	1	HES	330	Facility Management	3		
HES	370	Program Design in Exercise	3	HES	375	Theory of Strength & Cond.	3		
PE	335	Kinesiology	3	PH	241	General Physics I	3		
PE	341	Motor Development	3	PHL	241	General Physics I Lab	1		
CH	141	General Chemistry I	3	RP	230	Ethics	2		
CHL	141	General Chemistry I Lab	1			Free Elective	3		
			<b>Total</b>	14				<b>Total</b>	15

### SENIOR YEAR

First Semester				Second Semester					
HES	411	Health Appraisal in Exercise Science	3						
HES	420	Exercise Prescription	3	HES	490	HES Internship	12		
HES	458	Pathophysiology of Ex Sci	3			Restricted Elective (if needed)	3		
HES	499	Senior Seminar	3						
PE	336	Personal/Community Health	3						
		Restricted Elective (if needed)							
			<b>Total</b>	15				<b>Total</b>	12

\*Based on your placement testing scores, these courses may require prerequisites which may extend the number of semesters needed to complete degree requirements. These prerequisites do not count towards the degree for graduation.

\*\*MARCHING BAND MEMBERS ONLY, substitute PE Activity with MUB 110.

\*\*ROTC MEMBERS ONLY, substitute PE Activity with MY 104 and MYL 104/ MY 104 Lab.

Track 2 – Pre-Clinical Health: Restricted Electives

CH	142	General Chemistry II	3
CHL	142	General Chemistry II Lab	1
PH	242	College Physics II	3
PHL	242	College Physics II Lab	1
CHS	3XX	Health Coaching	3

**All courses have been approved by faculty and program**

**1/5/2017**