DIVISION OF
NATURAL & HEALTH SCIENCES
Bachelor of Science (B.S.) degree with major in Exercise Studies
Sample Four-Year Plan

First Year Fall
BBL 1013 Old Testament Survey
BIO 1124 Cell Biology
COR 1002 Gateway Seminar
EGL 1013 English I
KIN 1002 Wellness
Total Hours 14

First Year Spring
BBL 1023 New Testament Survey
EGL 1023 English II
KIN 1103 First Aid & CPR
KIN 1283 Athletic Training Techniques
MTH 1223 Introduction to Statistics
Total Hours 15

Second Year Fall
COM 2523 Public Speaking
HST 1013 Western Civilization I
KIN 1081 Aerobic Walking/Jogging
KIN 1381 Field Experience
KIN 2242 Drugs in Society†
   Social Science Elective
   Elective
Total Hours 16

Second Year Spring
CHM 1014 Fundamentals of Chemistry
HST 1023 Western Civilization II
KIN 1091 Nautilus & Free Weight Training
KIN 1481 Field Experience
POL 2113 American Government
   Arts Elective
Total Hours 15
### Third Year Fall
- **BBL 3003** Evangelical Theology
- **BIO 3514** Human Anatomy
- **KIN 3353** Theology & Techniques of Coaching†
- **KIN 3392** Personal Training Course†
  - Philosophy Elective

Total Hours 15

### Third Year Spring
- **BIO 3524** Human Physiology
- **EGL 4003** Masterpieces of Literature
- **KIN 3303** Nutrition for Fitness & Sport†
- **KIN 4423** Biomechanics†
  - Elective

Total Hours 16

### Fourth Year Fall
- **BBL 4002** Christian Life
- **KIN 4494** Internship
  - Global Studies Core Elective
  - Elective
  - Elective
  - Elective

Total Hours 18

### Fourth Year Spring
- **KIN 4433** Exercise Physiology†
- **MGT 3323** Management in Health & Sport†
  - Elective
  - Elective
  - Elective

Total Hours 15

Total Hours for Four Years: 124

† The order of alternate year courses will differ depending on whether a student begins his/her studies at JBU in an even or an odd year.