

BS in Exercise Science (EXSC)

Milligan University

Coaching for Performance concentration

Catalog Year
2021-2022

This document is designed as a guide for students planning their course selection and is only a suggested schedule. Actual course selections should be made with the advice and consent of the academic advisor. While accurately portraying the information contained in the Catalog, this form is not considered a legal substitute for that document. Students should become familiar with the Catalog in effect at the time in which they enter Milligan.

FALL SEMESTER 1		
COURSE	TITLE	CREDITS
BIBL 123	Old Testament Survey	3
HUMN 101	Ancient & Medieval Cultures	4
MLGN 100	Intro to College & Service	0.5
EXSC 101	Fitness for Life (or elective if EXSC 271)	1
COMM 102	Speech Communication	3
	Elective	3
	Elective	1
	TOTAL CREDITS	15.5

SPRING SEMESTER 1		
COURSE	TITLE	CREDITS
BIBL 124	New Testament Survey	3
HUMN 102	Renaissance & Early Modern	4
EXSC 271	Foundations of Wellness (Or EXSC 101)	3
MATH 213	Statistics	3
COMP 111	Composition	3
	TOTAL CREDITS	16

FALL SEMESTER 2		
COURSE	TITLE	CREDITS
HUMN 201	18th & 19th Cty Cultures	4
COMP 211	Found. of Analytical Composition	3
EXSC 201	Foundation of Legal Issues in PE	3
EXSC 208	Princ of Training: Speed/Strength	3
EXSC 308	Measurement & Evaluation	3
	TOTAL CREDITS	16

SPRING SEMESTER 2		
COURSE	TITLE	CREDITS
HUMN 202	Cultures of 20th & 21st Cty Cultures	4
MLGN 200	Intro to Calling & Career	0.5
EXSC 260	Sport Psychology	3
EXSC 302	Coaching/Officiating	2
	Lab Science*	4
	Elective	3
	TOTAL CREDITS	16.5

FALL SEMESTER 3		
COURSE	TITLE	CREDITS
EXSC 341	Exercise Physiology	4
EXSC 302	Coaching/Officiating	2
EXSC 322	Coaching for Character	2
	Social Learning Course	3
	Elective	3
	Elective	2
	TOTAL CREDITS	16

SPRING SEMESTER 3		
COURSE	TITLE	CREDITS
EXSC 352	Kinesiology & Biomechanics	4
EXSC 404	Org. & Mngt of PE and Sport	3
EXSC 433	Sports Nutrition	2
	Elective	3
	Elective	3
	Elective	2
	TOTAL CREDITS	17

FALL SEMESTER 4		
COURSE	TITLE	CREDITS
BIBL 471	Christ and Culture	3
EXSC 325	Sports Communication	2
EXSC 491	Fieldwork	4
	Elective	3
	Elective	3
	Elective	1
	TOTAL CREDITS	16

SPRING SEMESTER 4		
COURSE	TITLE	CREDITS
EXSC 309	Sports Injuries	3
EXSC 401	Research Methods (Recommended)	3
	Ethnic Studies Course	3
	Elective	3
	Elective	3
	TOTAL CREDITS	15
MINIMUM 128 NEEDED FOR GRAD		128

* Lab Science: BIOL 150 recommended (offered Spring in odd years)