# Program: Exercise Science
## Degree: Bachelor of Arts

## About This Program
The physical education, recreation, and kinesiology department (PERK) at Trinity Christian College seeks to uphold the mission of the College by equipping students to embrace and articulate a Christian perspective of physical activity and stewardship of the body that enable lifelong service to the Kingdom of God. The department seeks to foster a Reformed biblical perspective of fitness, sport, and leisure as it relates to the discipline. Graduates should be able to articulate an understanding of diversity issues including age, race, gender, learning style, differing abilities, socio-economic and cultural backgrounds, and their effects on human movement.

The exercise science major is designed for students interested in strength and conditioning as well as preparation to be personal trainers or fitness specialists.

## Foundations Coursework
- **First Year Experience**
  - FYF 101/111
- **Theology**
  - THEO 121
  - THEO 122
- **Philosophy**
  - PHIL 101
  - PHIL 102/110/111/HON 108
- **History**
  - HIST 103
  - HIST 104
- **English**
  - ENGL 103/HON 103
  - ENGL 104
- **Mathematics**
  - One from MATH 103, 109, 110, 111, 141, 151
- **Fine Arts**
  - One from 9 options
- **Physical Wellness**
  - PE 110/112
- **Cross Cultural Studies**
  - Two from 20 options

## Program Coursework
- **Major Requirements**
  - PE 201 Foundations of Physical Education, Sport, and Recreation
  - PE 236 Prevention and Treatment of Sports Injuries
  - PE 271 Motor Learning and Development
  - PE 290 Exercise Physiology
  - PE 295 Fitness Assessment and Exercise Prescription
  - PE 320 Psychology of Sport
  - PE 330 Societal Issues in Sport, Wellness, and Recreation
  - PE 333 Structural Kinesiology
  - PE 345 Strength Training Theory and Application
  - PE 360 Special Populations and Exercise Prescription
  - PE 400 Field Education
- **Required Cognates**
  - BIOL 205 Human Anatomy and Physiology I
  - BIOL 206 Human Anatomy and Physiology II
  - CHEM 101 General Chemistry
  - COMM 101 Fundamentals of Public Speaking
  - NURS 221 Nutrition
  - PSYC 123 Life Span Development
- **Minor Required**

This plan includes Foundation and Major coursework. A minor is required and additional elective credits may be needed to reach the required 120 credit hours to earn degree.

7/20/2018