



School of Allied Health Sciences

LINCOLN MEMORIAL UNIVERSITY

The following is a **suggested** four-year plan of study for freshmen entering LMU during the 2019 academic year. This plan is to be used in conjunction with the university catalog and advice of faculty advisors. This plan meets LMU's Lincoln Liberal Arts Common Core requirement and major requirements. **Note: In order to graduate in four years (eight regular semesters) the student must average passing 16-17 hours per semester.**

Freshman Year					
	<u>Fall</u>	Cr Hrs		<u>Spring</u>	Cr Hrs
UACT 100 ^a	Strategies for College Success	2	ENGL 102 ^a	Composition II	3
ENGL 101 ^a	Composition I	3	PSYC 100 ^a	Intro to Psychology	3
MATH Requirement ^a		3	CHEM 100 ^{a,b}	Intro to Chemistry and Lab	4
ISYS 100 ^a	Computer Literacy	2	PEXS 275 ^b	Technology for HPEES	2
LNCN 100 ^a	Lincoln's Life and Legacy	1	HLTH 120 ^b	Safety, First Aid & CPR	2
PEXS 200 ^b	Found. of PE, Sports & Fitness	2	History Requirement ^a		3
PHYS 100 ^{a,b}	Intro to Physics and Lab	4			
	Total	17		Total	17

Sophomore Year					
	<u>Fall</u>	Cr Hrs		<u>Spring</u>	Cr Hrs
BIOL 261 ^c	Human A&P I and Lab	4	BIOL 262 ^c	Human A&P II and Lab	4
PSYC 221 ^a	Child & Adolescent Development	3	History Requirement ^a		3
PEXS 265 ^b	Injury Prevention & Emerg Mgmt	3	COMM 200 ^a	Fund of Speech Comm	3
HLTH 210 ^b	Nutrition	3	PEXS 372 ^b	Kinesiology & Biomechanics	3
ENGL 240 or 250 ^a		3	Ethics/FA/Humanities Requirement ^a		3
	Total	16		Total	16

Junior Year					
	<u>Fall</u>	Cr Hrs		<u>Spring</u>	Cr Hrs
PEXS 300 ^b	Exercise Physiology I	3	PEXS 344 ^b	Learning & Psychomotor Dev.	3
HLTH 425 ^b	Sport and Exercise Nutrition	3	PEXS 350 ^b	Sports and Exercise Psychology	3
FA Requirement ^a		3	PEXS 400 ^b	Exercise Physiology II	3
Concentration/Minor/Elective		6	LNCN 300 ^a	American Citizenship	1
			Concentration/Minor/Elective		6
	Total	15		Total	16

Senior Year					
	<u>Fall</u>	Cr Hrs		<u>Spring</u>	Cr Hrs
PEXS 310 ^b	Measurement and Evaluation	3	PEXS 430 ^b	Organization & Administration	3
PEXS 493A ^b	Practicum in Exercise Science	3	PEXS 435 ^b	Exercise Prescription	3
Concentration/Minor/Elective		6	PEXS 485 ^b	Research Methods	3
			Concentration/Minor/Elective		6
	Total	12		Total	15

Total Degree Hours: 124
a = General Education Requirement
b = Major Requirement

c = collateral Requirement