

	Fall Semester		Spring Semester	
<b>First Year</b>	<ul style="list-style-type: none"> <li>•NPD 1000: Dialogue I</li> <li>•BIOL 1250: Introduction to Human Anatomy</li> <li>•EXS 1000: Personal Health</li> <li>•Fine Arts Option</li> <li>EXS 1400: Foundations of Exercise Science</li> </ul>	4 4 2 2 4	<ul style="list-style-type: none"> <li>•Culture and Society Option</li> <li>•STAT 1490: Introductory Statistics</li> <li>•BTS 1850: Introduction to the Bible</li> <li>EXS 2500: Health and Behavior</li> </ul>	4 4 4 4
	<b>TOTAL SEMESTER HOURS</b>	<b>16</b>	<b>TOTAL SEMESTER HOURS</b>	<b>16</b>
<b>Second Year</b>	<ul style="list-style-type: none"> <li>•Biblical Studies Option</li> <li>•Foreign Language 1010 Option</li> <li>EXS 1600: First Aid/CPR</li> <li>EXS 3160: Exercise Physiology</li> <li>EXS Elective</li> </ul>	4 4 2 4 2	<ul style="list-style-type: none"> <li>•NPD 2000: Dialogue II</li> <li>•Foreign Language 1020 Option</li> <li>BIOL 2170: General Nutrition</li> <li>EXS 3010: Biomechanics</li> <li>EXS Elective</li> </ul>	4 4 2 4 2
	<b>TOTAL SEMESTER HOURS</b>	<b>16</b>	<b>TOTAL SEMESTER HOURS</b>	<b>16</b>
<b>Third Year</b>	<ul style="list-style-type: none"> <li>•NPD 3000: Dialogue III</li> <li>•Science Option (Chemistry or Physics)</li> <li>EXS 3190: Health Promotion</li> <li>Elective</li> <li>Elective</li> </ul>	4 2 4 4 2	<ul style="list-style-type: none"> <li>EXS 3700: Exercise Programming and Leadership</li> <li>EXS 3800: Conditioning for Health and Performance</li> <li>Elective</li> <li>Elective</li> </ul>	4 2 4 4
	<b>TOTAL SEMESTER HOURS</b>	<b>16</b>	<b>TOTAL SEMESTER HOURS</b>	<b>14</b>
<b>Fourth Year</b>	<ul style="list-style-type: none"> <li>EXS 3500: Health Appraisal and Fitness Testing</li> <li>Elective</li> <li>Elective</li> <li>Elective</li> </ul>	4 4 4 4	<ul style="list-style-type: none"> <li>EXS 4010: Seminar in Exercise Science</li> <li>Elective</li> <li>Elective</li> <li>Elective</li> </ul>	4 4 4 4
	<b>TOTAL SEMESTER HOURS</b>	<b>16</b>	<b>TOTAL SEMESTER HOURS</b>	<b>16</b>

• Course meets a general education requirement

The Academic Planning Guide is designed as a guide for students planning their course selections. The information on this page provides only a suggested schedule. Actual course selections should be made with the advice and consent of a faculty advisor. While accurately portraying the information contained in the college 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 entered the institution.

**Graduation Requirement:**

120 semester hours, minimum

**General Education Requirements:**

44 semester hours

- The North Park Dialogue (12)
  - Dialogue I (4)
  - Dialogue II (4)
  - Dialogue III (4)
- Culture and Society (4)
- Personal Development (2)
- Biblical Studies (8)
  - BTS 1850 (4)
  - BTS option (4)
- Foreign Language (8)
  - 1010 Level (4)
  - 1020 Level (4)
- Mathematics (4) Met by prerequisite course STAT 1490
- Fine Arts (2)
- Natural Science (4)
  - Biology (2) Met by prerequisite course BIOL 1250
  - Chemistry/Physics (2)

See General Education checklist for specific courses that will fulfill each requirement.  
<http://www.northpark.edu/generaleducation>

Some general education courses may meet course requirements for your major.

**Major Requirements:*****Required Semester Hours: 50 semester hours******Prerequisites and Supporting Courses: 8 semester hours***

- BIOL 1250: Introduction to Human Anatomy (4)
- STAT 1490: Introductory Statistics (4)

***Required Core Courses: 38 semester hours***

- BIOL 2170: General Nutrition (2)
- EXS 1400: Foundations of Exercise Science (4)
- EXS 1600: First Aid/CPR (2)
- EXS 2500: Health and Behavior (4)
- EXS 3010: Biomechanics (4)
- EXS 3160: Exercise Physiology (4)
- EXS 3190: Health Promotion (4)
- EXS 3500: Health Appraisal and Fitness Testing (4)
- EXS 3700: Exercise Programming and Leadership (4)
- EXS 3800: Conditioning for Health and Performance (2)
- EXS 4010: Seminar in Exercise Science (4)

***Elective Courses: 4 semester hours***

- EXS 1610: Introduction to Athletic Training (2)
- EXS 2950: Sports Psychology (2)
- EXS 4910: Independent Student in Exercise and Sport (1-4)
- EXS 4970: Internship in Exercise and Sport (1-4)
- Other courses as approved by faculty advisor

Students interested in pursuing graduate work should take BIOL 2930. Courses in Business and Marketing are recommended.

A comprehensive examination is required for graduation

**Additional Graduation Requirements**

- Total of 120 semester hours, minimum. Additional courses may need to be taken to meet this requirement.
- Grade Point Average
  - Overall cumulative grade point average of 2.00
  - Cumulative grade point average in major of 2.00
- Last 30 semester hours must be taken at North Park
- Acceptance into the major

The Academic Planning Guide is designed as a guide for students planning their course selections. The information on this page provides only a suggested schedule. Actual course selections should be made with the advice and consent of a faculty advisor. While accurately portraying the information contained in the college 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 entered the institution.