

**MOUNT OLIVE COLLEGE**

**BACHELOR OF SCIENCE / RECREATION & LEISURE STUDIES:  
EXERCISE SCIENCE CURRICULUM**

DEGREE KEY:  
AEA.8 (8-09)  
Source: Registrar

Student Name: \_\_\_\_\_ SS#: \_\_\_\_\_

(Registrar's Office only) Approved by: \_\_\_\_\_ Date: \_\_\_\_\_ Last Date Updated: \_\_\_\_\_

*Note: this evaluation is considered tentative until approved by the Registrar's Office.*

<p><b>I. GENERAL EDUCATION (Hrs. Required = 47)</b></p> <p style="text-align: center;"><b>COMPETENCIES (21sh)</b></p> <p><i>Expressive &amp; Integrative (12sh)</i></p> <p>English Comp (111, 112 or Hon 100 &amp; 110) 6 _____</p> <p>Fine Arts (Art, Mus, or Hist of Drama ) 3 _____</p> <p>Computer Info Sys (110 or 201) 3 _____</p> <p><i>Quantitative (3sh)</i></p> <p>Math (Col Algebra 120 or above) 3 _____</p> <p><i>Receptive (6sh)</i></p> <p>Literature (220, 222, 231,232, 234,235 or 236) 3 _____</p> <p>Religion (111, 112, 200 or 215) 3 _____</p> <p style="text-align: center;"><b>KNOWLEDGE (22-23sh)</b></p> <p><i>Health/Wellness (3sh)</i></p> <p>Focus on Health (110) 3 _____</p> <p><i>History (6sh)</i></p> <p>History (111, 112, 221 or 222) 6 _____</p> <p><i>Humanities (3sh)</i></p> <p>(Lit, Rel, Phil, Ant or Fine Arts) 3 _____</p> <p><i>Science (8sh)</i></p> <p>(BIO 251, 251L &amp; 252, 252L ) 8 _____</p> <p><i>Social/Behavioral Science (3sh)</i></p> <p>(Psy, Cj, Eco, Geo, His, Pls or Soc) 3 _____</p> <p style="text-align: center;"><b>PERSPECTIVE (3sh)</b></p> <p>(Ant, Foreign Lang., Rls, Psy, Soc, Geo, Eco, or Cj) 3 _____</p> <p>Hours completed: _____</p> <p>Hours to be completed: _____</p> <p><b>II. GENERAL ELECTIVES (Hrs. Required = (10sh)</b></p> <p><i>Recommended:</i></p> <p>RLS330 Developing Rec &amp; Athletic Facilities 3</p> <p>RLS415 Legal Liability in Rec &amp; Sport 3</p> <p>Hours completed: _____</p> <p>Hours to be completed: _____</p>	<p><b>III. RECREATION/LEISURE MAJOR (69sh)</b></p> <p style="text-align: center;"><i>CORE: 24sh</i></p> <p>RLS110 Introduction to Recreation 3</p> <p>210 Outdoor Recreation Resources Mgt 3</p> <p>230,231,232 Field Training © 3</p> <p>300 Introduction to TR &amp; Special Populations 3</p> <p>310 History &amp; Philosophy of Recreation/Leisure 3</p> <p>320 Program Planning and Leadership 3</p> <p>420 Management of Recreation/Leisure 3</p> <p>430 Senior Seminar © 3</p> <p>Hours completed: _____</p> <p>Hours to be completed: _____</p> <p style="text-align: center;"><i>PROFESSIONAL EMPHASIS: 45sh</i></p> <p>RLS499 Internship in Exercise Science © 12</p> <p>HLH220 Safety &amp; First Aid 3</p> <p>HLH330 Nutrition for Athletes 3</p> <p>PED141 Introduction to Exercise Science 3</p> <p>PED340 Motor Learning 3</p> <p>PED341 Motor Development 3</p> <p>PED342 Exercise Testing/Prescription Healthy Pops 3</p> <p>PED343 Exercise Testing/Prescription Special Pops 3</p> <p>PED345 Strength &amp; Conditioning Techniques 3</p> <p>PED374 Physiology of Exercise 3</p> <p>PED375 Kinesiology 3</p> <p>PED400 Test &amp; Measures of Exercise 3</p> <p>Hours completed: _____</p> <p>Hours to be completed: _____</p>
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Note 1: Only a maximum of 64SH can be transferred from a 2yr school  
 Note 2: Demonstrate computer competency through a course with ( C )  
 designation or ELC.

Hours required 126  
 Hours transferred \_\_\_\_\_  
 Hours in residence \_\_\_\_\_  
 Hours to be completed \_\_\_\_\_