



**SAMPLE Plan of Study for the 3 + 1 B.S. Bible/Theology program with a  
B.S. Wellness and Exercise Science from the University of Dubuque**

**Fall Semester**

**First Year**

|   |              |
|---|--------------|
| Old Testament Survey 1 (BT 102)                           | 3 ( )        |
| Christian Life & Worldview (HUM 111)                      | 3 ( )        |
| Survey of Doctrine (BT 151)                               | 3 ( )        |
| English Composition (ENG 101)                             | 3 ( )        |
| Transitions Seminar (FND 101)                             | .5 ( )       |
| Servant Leader Training Seminar (CCS 115)                 | .5 ( )       |
| Chapel (CCS 110)  | P/F ( )      |
| <b>Introduction to Anatomy and Physiology 1 (BIO 145)</b> | <b>4 ( )</b> |

**Total Credits 17**

**Second Year**

|  |              |
|--|--------------|
| Biblical Hermeneutics (BT 220)                               | 3 ( )        |
| Fundamentals of Speech (COM 122)                             | 3 ( )        |
| Fundamental Computer Literacy (CS 101)                       | 3 ( )        |
| Introduction to Psychology (PSY 111)                         | 3 ( )        |
| Servant Leader Training (CCS 120)                            | P/F ( )      |
| Chapel (CCS 110)   | P/F ( )      |
| <b>Activity Class (HWS 110)</b>                              | <b>1 ( )</b> |
| <b>Introduction to Health, Wellness, and Sport (HWS 100)</b> | <b>2 ( )</b> |

**Total Credits 15**

**Third Year**

|  |              |
|--|--------------|
| Theology: Christ, Holy Spirit, and Salvation (BT 321)      | 3 ( )        |
| Biblical and Practical Theology of Transformation (BT 352) | 3 ( )        |
| Apologetics (PHI 350) or Christian Evidences (PHI 267)     | 3 ( )        |
| Bible/Theology Elective                                    | 3 ( )        |
| Servant Leader Training (CCS 120)                          | P/F ( )      |
| Chapel (CCS 110)   | P/F ( )      |
| <b>Activity Class (HWS 110)</b>                            | <b>1 ( )</b> |
| <b>Anatomy and Kinesiology (HWS 241)</b>                   | <b>3 ( )</b> |

**Total Credits 16**

**TRANSFER TO THE UNIVERSITY OF DUBUQUE**

**Fourth Year**

|                                      |              |
|--------------------------------------|--------------|
| <b>Human Nutrition (HWS 246)</b>     | <b>3 ( )</b> |
| <b>Fitness Assessment (HWS 333)</b>  | <b>3 ( )</b> |
| <b>Geriatrics (HWS 311)</b>          | <b>3 ( )</b> |
| <b>Internship (HWS 485/6/7)</b>      | <b>3 ( )</b> |
| <b>Exercise Physiology (HWS 401)</b> | <b>3 ( )</b> |
| <b>Activity Class (HWS 110)</b>      | <b>1 ( )</b> |

**Total Credits 16**

**Course taken at University of Dubuque**

**Spring Semester**

**First Year**

|   |              |
|---|--------------|
| Old Testament Survey 2 (BT 104)                           | 3 ( )        |
| New Testament Survey (BT 106)                             | 3 ( )        |
| Introduction to Biblical Interpretation (BT 120)          | 3 ( )        |
| Introduction to Literature (ENG 102)                      | 3 ( )        |
| Servant Leader Training (CCS 120)                         | P/F ( )      |
| Chapel (CCS 110)  | P/F ( )      |
| <b>Activity Class (HWS 110)</b>                           | <b>1 ( )</b> |
| <b>Introduction to Anatomy and Physiology 2 (BIO 146)</b> | <b>4 ( )</b> |

**Total Credits 17**

**Second Year**

|   |              |
|---|--------------|
| Theology: God, Creation, and Sin (BT 221) | 3 ( )        |
| Praxis of Interpretation (BT 320)         | 3 ( )        |
| Missions and Evangelism 1 (ICS 104)       | 3 ( )        |
| General Studies Elective                  | 3 ( )        |
| Servant Leader Training (CCS 120)         | P/F ( )      |
| Chapel (CCS 110)                          | P/F ( )      |
| <b>Activity Class (HWS 110)</b>           | <b>1 ( )</b> |
| <b>Sports Psychology (HWS 220)</b>        | <b>3 ( )</b> |

**Total Credits 16**

**Third Year**

|   |              |
|---|--------------|
| Theology: The Church and Final Things (BT 331)                          | 3 ( )        |
| Bible/Theology Elective   | 3 ( )        |
| Western Civilization 2 (HIS 132) <i>or</i> American History 1 (HIS 234) | 3 ( )        |
| College Math (MAT 140)  | 3 ( )        |
| Servant Leader Training (CCS 120)                                       | P/F ( )      |
| Chapel (CCS 110)  | P/F ( )      |
| <b>Activity Class (HWS 110)</b>   | <b>1 ( )</b> |
| <b>Fundamentals of Motor Performance (PED 231)</b>                      | <b>3 ( )</b> |

**Total Credits 16**

**Fourth Year**

|   |              |
|---|--------------|
| <b>Biomechanics (HWS 301)</b>   | <b>3 ( )</b> |
| <b>Theories/Principles of Personal Training (HWS 370) <i>or</i></b>   | <b>3 ( )</b> |
| <b>    Theories/Principles of Strength and Conditioning (HWS 470)</b> |              |
| <b>Prevention and Care of Athletic Injury (HWS 341)</b>               | <b>3 ( )</b> |
| <b>Career Prep (PRF 201)</b>  | <b>1 ( )</b> |
| <b>Senior Seminar (HWS 495)</b>                                       | <b>2 ( )</b> |
| <b>Wellness Lifestyles (HWS 244) <i>or</i></b>                        | <b>3 ( )</b> |
| <b>    Family and Community Health (HWS 221)</b>                      |              |

**Total Credits 15**

**Total Credits Needed: 128**