

EXERCISE SCIENCE, BACHELOR OF SCIENCE (BS) / PRE-PHYSICIAN ASSISTANT (SRU) (3+2) - ROCK STUDIES

Recommended Rock Studies Three-Year Plan

Course	Title	Hours
First Year		
Fall		
ERS 100	Introduction to Exercise Science: Careers and Content	3
CHEM 107 or CHEM 111	General Chemistry I or General Chemistry I Lab	3
PHYS 201	Elements of Physics I with Lab ¹	4
SUBJ 139	University Seminar ²	3
Rock Studies		3
INDS 101	FIRST Seminar	1
	Hours	17
Spring		
ERS 101	Applied Anatomy/Lab	3
CHEM 108 & CHEM 112	General Chemistry II and General Chemistry II Lab	4
STAT 152	Elementary Statistics I ¹	3
PSYC 105	Introduction to Psychology ¹	3
Rock Studies		3
Computer Competency Course (only if needed)		0-1
	Hours	16-17
Second Year		
Fall		
ERS 201	Exercise Physiology with Lab	3
ERS 202	Biomechanics with Lab	3
BIOL 104	Principles of Biology with Lab	4
BIOL 216	Anatomy and Physiology I with Lab ¹	3
CHEM 201	Organic Chemistry I	3
Rock Studies		3
*Additional credits beyond 18 requires an extra fee.		
	Hours	19
Spring		
ERS 300	Research Methods in Exercise Science	3
ERS 301	Aerobic Exercise Leadership	3
ERS 302	Exercise Leadership: Resistance Training	3
BIOL 217	Anatomy and Physiology II with Lab	3
BIOL 250	Genetics with Lab	4
Rock Studies		3
*Additional credits beyond 18 requires an extra fee		
	Hours	19

Third Year		
Fall		
ERS 400	Wellness coaching and Program Management ³	3
ERS 401	Fitness Assessment ³	3
ERS 402	Exercise Prescription ³	3
ERS 403	Advanced Exercise Physiology ³	3
Rock Studies		6
	Hours	18

Winter		
Rock Studies (Summer/Winter Courses) ⁴		9
	Hours	9

Spring		
ERS 410	Clinical Exercise Physiology ³	3
ERS 411	Exercise Science: Special Populations and Conditions ³	3
ERS 412	Exercise Science: Senior Synthesis ³	3
ERS 424 or HLTH 424	Nutrition and Exercise ³ or Nutrition and Exercise	3
BIOL 330	Microbiology/Lab	3
ERS 250 or HCAM 250	Medical Terminology or Medical Terminology for Healthcare Administrators	3
	Hours	18

Fourth Year		
Fall		
Senior Year: If not accepted into SRU PA ⁵		
ERS 450	Exercise Science Internship ³	12
	Hours	12
	Total Hours**	128-129

- ¹ Course satisfies majors and Rock Studies requirements.
 - ² Course offered in multiple subjects; cannot take course in first major subject
 - ³ Must earn a "C" or better in the course.
 - ⁴ May also be taken in the summer.
 - ⁵ **Senior Year- If not accepted into SRU PA:** If you choose to pursue Exercise Science 3+2 and are not accepted into SRU PA Graduate Program, then ERS 450: Exercise Science Internship (12 credits) is required to complete a first major of Exercise Science. Please refer to the Exercise Science Curriculum Guide.
- * Students are encouraged to take INDS 101 as a Free Elective.

Students must meet all Exercise Science 3+2 major requirements, SRU PA Program prerequisites, and Rock Studies requirements to apply.

Senior Year- If accepted into the SRU PA: The first year will count as the 4th year of the Exercise Science program. Upon successful completion of the first year of the SRU PA Graduate Program, students will graduate with a BS in Exercise Science. Should an Exercise Science 3+2 student be unsuccessful in completing the 1st year of the SRU PA Graduate Program and wants to complete their original undergraduate degree, it is solely up to the discretion of their undergraduate program Department Chair to determine which, if any Physician Assistant courses will count toward the completion of their undergraduate degree. In addition, students must complete ERS 450: Exercise Science Internship (12 credits).

Senior Year- If not accepted into SRU PA: If you choose to pursue Exercise Science 3+2 and are not accepted into SRU PA Graduate Program, then ERS 450: Exercise Science Internship (12 credits) is required to complete a first major of Exercise Science. Please refer to the Exercise Science Curriculum Guide.

*** This document is meant to serve as a guide. Some planners may show more than 120 credits because faculty have created flexibility in choosing courses. However, only 120 credits are required to obtain a degree. Please consult with your academic adviser and refer to your curriculum guide prior to registering for courses. This plan should be reviewed, and verified, by you and your academic adviser at least once each academic year.*

Major Code: 6149

Pre-Physician Assistant SRU 3+2 (6SPE)

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