

EXERCISE SCIENCE, BACHELOR OF SCIENCE (BS) / PRE-PHYSICAL THERAPY (SRU) (3+3)

Exercise Science Program Learning Outcomes

- **Professional Competence:** To utilize knowledge, skills, and abilities to evaluate health behavior and risk factors; develop, implement, and evaluate evidence-based exercise and wellness programs, and employ behavioral strategies to motivate individuals to adopt and maintain positive lifestyle behaviors.
- **Professional Interaction and Communication:** To interact and communicate effectively by presenting information in oral and written formats, collaborating with professionals and peers, expressing ideas clearly, and giving and receiving feedback.
- **Professional Behavior and Involvement:** To model professional behaviors (including preparedness, engagement, and appearance), and demonstrate professional involvement across the major.
- **Ethical Reasoning:** To make well-informed and unbiased decisions to enhance the well-being of others
- **Critical Thinking:** To demonstrate clear and accurate reasoning to make decisions and solve problems.

What are your options?

Pre-Physical Therapy SRU 3+3: Earn a Doctor of Physical Therapy in six years rather than seven. In the first three years, you complete your major courses and pre-requisites for the SRU DPT program. During your third undergraduate year, you apply for admission into the SRU DPT program. If accepted, your first year in the SRU DPT program meets the remaining requirements for your undergraduate degree. If not accepted, you continue to complete your undergraduate degree and can reapply to the program. The accelerated option is for incoming freshmen only.

Pre-Physical Therapy (SRU Traditional): Complete the requirements for your major and the pre-requisites for the SRU DPT program and apply to the SRU DPT program in your senior year.

Academic Policies for Students in the Exercise Science Major

Effective for all Exercise Science Majors beginning Spring 2021

1. Policy for earning acceptable grades in the Exercise Science program:
 - a. A student must earn a grade of "C" or better in ALL Required Basic Courses (ERS 100's, ERS 200's, ERS 300's) and Required Upper Level Courses (ERS 400's, ERS 410's, ERS 424, ERS 450).
 - b. A student must earn a grade of "C" or better in ALL Natural Science and Math College-Wide Requirements (BIOL 216, BIOL 217, STAT 152, PHYS 201).
 - c. The Exercise Science curriculum is structured with pre-requisites. A student must earn a "C" or better in the pre-requisite course to be able to take the next course. See course catalog for pre-requisites.
- d. If a student does not earn a "C" or better, they will be required to:
 - i. Retake the course
 - ii. They will be dropped from any course(s) in the following semester that requires a "C" or better as a pre-requisite (see course catalog for pre-requisites)
 - iii. Students will need to meet with their Academic Advisor and change their schedule accordingly
2. SRU has a *Repeat of Courses Policy* as follows and it can be found in the course catalog: Repeat of Courses < Slippery Rock University (sru.edu) (<https://catalog.sru.edu/undergraduate/academic-policies/repeat-courses/>)
 - a. Students may attempt to improve their grade point average by repeating courses. The most recent grade earned is used in calculating the GPA even if the earlier grade was higher. If a passed course is repeated and failed (or NC), the student will lose both the grade points and credits previously earned. However, all grades will appear on the transcript. Courses in which a grade was earned at Slippery Rock University may not be repeated at any institution. A grade of W (withdraw) does not count as an earned grade.

Students who repeat a course must do so using the same grading system under which they originally took the course. For example, a student who originally took a course graded A-F may not repeat the course on a P/NC, P/F, or audit basis. Students may not repeat a course by using any Credit by Examination program if they originally took the course on a graded A-F, P/NC, P/F, or audit basis.

Undergraduate students will be limited to a maximum total of six repeats during their entire SRU academic career, excluding withdrawal grades.

In addition, repeats of a single course will be limited to a maximum of two. This means, no single course may be taken more than three times (excluding withdrawal grades). The course repeat policy for post-baccalaureate students is the same as the undergraduate student policy.
3. Once the student has exceeded the *SRU Repeat of Courses Policy*, the student will have their major changed to Exploratory and ERS - Exercise Science Major courses will be removed from their schedule.
4. Policy for changing to the Exercise Science major:
 - a. A Slippery Rock University student wishing to change their major to Exercise Science MUST have an overall GPA of 2.00.
 - b. A transfer student who enters from another University must have an overall GPA of 2.00.
5. Additional costs associated with the Exercise Science major:
 - a. Lab fees will be collected for exercise science classes with a lab component. This fee enhances the department's ability to offer a high-quality program.
 - b. A student in the Exercise Science major is required to maintain current CPR/AED, First Aid, and Student Professional Liability Insurance while enrolled in ERS 412 and ERS 450 at their own cost. More information will be provided to students in the upper level ERS courses.
 - c. ERS 450 Internship: Certain sites may require one or more of the following: physical examinations, record of immunizations,

TB test, criminal background checks, drug testing, specific certifications for CPR/AED (e.g., American Heart Association), and HIPAA training. These may require additional costs for students. Fulfilling these requirements and obtaining appropriate documentation is the responsibility of the student.

Updated September 14, 2021

Related Links

Exercise Science - Pre-Physical Therapy, BS Program Page (<https://www.sru.edu/academics/majors-and-minors/exercise-science-pre-physical-therapy/>)

Exercise Science Program Page (<https://www.sru.edu/academics/colleges-and-departments/ches/departments/exercise-science/>)

Professional Licensure/Certification Page (<https://www.sru.edu/students/student-consumer-information/professional-licensures/>)

Curriculum Guide

GPA Requirement – Exercise Science

1st Major: Exercise Science

- Overall GPA: 2.00 or higher
- Major GPA (includes Major Requirements and College Wide Requirements): 2.00 or higher

2nd Major: Pre-PT SRU 3+3 Exercise Science

- Overall GPA: 3.00 or higher

Summary*

Code	Title	Hours
	Rock Studies Requirements	43
	Other Basic Requirements	0-3
	Computer Competency	0-3
	Major Requirements	45
	Natural Science and Math College-Wide Requirements	12
	Electives	31

* All undergraduate degree programs require a minimum of 120 credits. Some courses meet multiple requirements, but are only counted once toward the 120 credit total required to graduate. However, because this is a pre-professional program, credits taken during the 1st year of the graduate program are applied toward the undergraduate credit hours to meet the 120 credits required for your undergraduate degree.

Rock Studies Requirements

Code	Title	Hours
The Rock		
SUBJ 139	University Seminar ¹	3
ENGL 102	Critical Writing	3
ENGL 104	Critical Reading	3
STAT 152	Elementary Statistics I	3
Select one of the following: 3		
COMM 200	Civil Discourse: Theory & Practice	
PHIL 110	Ethics and Civil Discourse	
POLS 235	Civil Discourse and Democracy	
Subtotal		15

Integrated Inquiry

Creative and Aesthetic Inquiry		
Select 3 Credits (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/)		3
Humanities Inquiry		
Select 3 Credits (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/)		3
Social Science Inquiry		
PSYC 105	Introduction to Psychology	3
Natural Sciences Inquiry		
BIOL 216	Anatomy and Physiology I with Lab	3
Physical Science Inquiry		
PHYS 201	Elements of Physics I with Lab	4
Subtotal		16
Thematic Thread		
Select 12 Credits (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/) ²		12
Total Hours		43

¹ Course offered in multiple subjects; cannot take course in first major subject

² From at least 3 categories; no more than 6 credits from one department; 6 credits must be 300-level or above.

Basic Math Requirement

Check with your adviser or a current degree audit report to see if you have been exempted from this course. The credit earned in this course will not be counted toward the 120 credit hour minimum needed to earn a degree.

Code	Title	Hours
Complete one of the following:		0-3
Meet required minimum SAT or ACT math score OR		
ESAP 110	Beginning Algebra	
Total Hours		0-3

Computer Competency

Code	Title	Hours
Demonstrate "computer competency" by one of the following:		0-3
Pass Computer Competency Exam OR		
Select one of the following at SRU or another post-secondary institution:		
CPSC 100	Introduction to Computing for Liberal Arts	
CPSC 110	Computer Concepts	
CPSC 130	Introduction to Computing and Programming	
PE 202	Technology for Wellness	
Total Hours		0-3

Major Requirements

- If you choose to pursue Pre-Physical Therapy SRU 3+3 Exercise Science and are not accepted into the DPT program, then ERS 450: Internship is required to complete a first major of Exercise Science. Please refer to the Exercise Science Curriculum Guide.

Code	Title	Hours
Required Basic Courses		
Must earn a "C" or better in the following courses		
ERS 100	Introduction to Exercise Science: Careers and Content ^{1,2}	3
ERS 101	Applied Anatomy/Lab ^{1,2}	3
ERS 201	Exercise Physiology with Lab ^{1,2}	3
ERS 202	Biomechanics with Lab ^{1,2}	3
ERS 300	Research Methods in Exercise Science ^{1,2}	3
ERS 301	Aerobic Exercise Leadership ^{1,2}	3
ERS 302	Exercise Leadership: Resistance Training ^{1,2}	3
Subtotal		21
Required Upper Level Courses (24 credits if accepted to SRU DPT Program)		
Must earn a "C" or better in the following courses		
ERS 424	Nutrition and Exercise ^{1,2}	3
or HLTH 424	Nutrition and Exercise	
ERS 400	Wellness coaching and Program Management ^{1,2}	3
ERS 401	Fitness Assessment ^{1,2}	3
ERS 402	Exercise Prescription ^{1,2}	3
ERS 403	Advanced Exercise Physiology ^{1,2}	3
ERS 410	Clinical Exercise Physiology ^{1,2}	3
ERS 411	Exercise Science: Special Populations and Conditions ^{1,2}	3
ERS 412	Exercise Science: Senior Synthesis ^{1,2}	3
Subtotal		24
Total Hours		45

¹ Course counts toward Major GPA

² Course counts for 50% of Major requirements

* Some courses may require pre-requisites. Please see course descriptions to determine if there are any pre-requisites for that specific course.

Natural Science and Math College-Wide Requirements

Code	Title	Hours
Must earn a "C" or better in the following courses		
BIOL 216	Anatomy and Physiology I with Lab ¹	3
BIOL 217	Anatomy and Physiology II with Lab ¹	3
STAT 152	Elementary Statistics I ¹	3
PHYS 201	Elements of Physics I with Lab ¹	4
Total Hours		13

¹ Course counts toward Major GPA

Additional Physical Therapy Prerequisite Courses

Code	Title	Hours
CHEM 107	General Chemistry I	3
CHEM 111	General Chemistry I Lab	1
CHEM 108	General Chemistry II	3
CHEM 112	General Chemistry II Lab	1
PHYS 202	Elements of Physics II/ Lab	4

PSYC	Additional PSYC Course (see Rock Audit)	3
Total Hours		15

Doctor of Physical Therapy (DPT) Prerequisite Admission Requirements – Pre-Physical Therapy SRU 3+3

For Application Requirements

Please refer to Slippery Rock University's Physical Therapy (Doctor of Physical Therapy) website for requirements: www.sru.edu/PT (<http://www.sru.edu/PT/>)

Liberal Studies and Rock Studies

Code	Title	Hours
Prerequisite Courses - SRU Physical Therapy		
Select one of the following:		6
BIOL 216 & BIOL 217	Anatomy and Physiology I with Lab and Anatomy and Physiology II with Lab	
BIOL 340 & BIOL 410	Vertebrate Anatomy with Lab and Animal Physiology with Lab	
CHEM 107 & CHEM 111	General Chemistry I and General Chemistry I Lab	4
CHEM 108 & CHEM 112	General Chemistry II and General Chemistry II Lab	4
Select one of the following:		8
PHYS 201 & PHYS 202	Elements of Physics I with Lab and Elements of Physics II/ Lab	
PHYS 211 & PHYS 213	General Physics I with Lab and General Physics III/ Lab	
STAT 152 or BIOL 325	Elementary Statistics I or Biometry with Lab	3
PSYC 105	Introduction to Psychology	3
Additional Psychology Course ¹		3
Total Hours		31

¹ See My Rock Audit for specific courses.

Requirements for Pre-Physical Therapy SRU 3+3

If any of these requirements are not met, the 3+3 designation will be removed from the student's record:

1. A 3.0 or higher overall GPA must be maintained by the student.
2. The student can only be enrolled in the Pre-Physical Therapy SRU 3+3 program for a maximum of three (3) years, full-time continuous enrollment (fall/spring).

Provision

Should a Pre-Physical Therapy SRU 3+3 student be unsuccessful in completing the 1st two semesters (fall or spring) of the Doctor of Physical Therapy Program and wants to complete the original undergraduate degree, it is solely up to the discretion of the undergraduate program Department Chair to determine which, if any, Physical Therapy courses will count toward the completion of his/her undergraduate degree. In addition, students must complete any unfulfilled requirements of their undergraduate major. Students may still apply to the Doctor of Physical Therapy Program with an earned Bachelor's degree.

Important Curriculum Guide Notes

This Curriculum Guide is provided to help SRU students and prospective students better understand their intended major curriculum. Enrolled SRU students should note that the My Rock Audit may place already-earned and/or in progress courses in different, yet valid, curriculum categories. Enrolled SRU students should use the My Rock Audit Report and materials and information provided by their faculty advisers to ensure accurate progress towards degree completion. *The information on this guide is current as of the date listed. Students are responsible for curriculum requirements at the time of enrollment at the University.*

PASSHE - Pennsylvania State System of Higher Education Institutions

EXERCISE SCIENCE - BS (6149)

PRE-PT SRU 3+3 (61P9)

This program is effective as of Fall 2019.

Revised 01.06.2021

UCC 10.13.2020

Recommended Three-Year Plan

Course	Title	Hours
First Year		
Fall		
ERS 100 or ERS 101	Introduction to Exercise Science: Careers and Content ³ or Applied Anatomy/Lab	3
PHYS 201	Elements of Physics I with Lab ^{1,3}	4
PSYC 105	Introduction to Psychology ¹	3
SUBJ 139	University Seminar ²	3
Rock Studies		3
INDS 101	FIRST Seminar	1
Hours		17
Spring		
ERS 100 or ERS 101	Introduction to Exercise Science: Careers and Content ³ or Applied Anatomy/Lab	3
PHYS 202	Elements of Physics II/ Lab	4
STAT 152	Elementary Statistics I ^{1,3}	3
Rock Studies		6
Computer Competency Course (only if needed)		0-1
Hours		16-17
Second Year		
Fall		
ERS 201	Exercise Physiology with Lab ³	3
ERS 202	Biomechanics with Lab ³	3
BIOL 216	Anatomy and Physiology I with Lab ^{1,3}	3
CHEM 107 & CHEM 111	General Chemistry I and General Chemistry I Lab	4
Rock Studies		6
*Additional credits beyond 18 requires an extra fee.		
Hours		19
Spring		
ERS 300	Research Methods in Exercise Science ³	3
ERS 301	Aerobic Exercise Leadership ³	3
ERS 302	Exercise Leadership: Resistance Training ³	3
BIOL 217	Anatomy and Physiology II with Lab ³	3

CHEM 108 & CHEM 112	General Chemistry II and General Chemistry II 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
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ERS 401	Fitness Assessment ³	3
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ERS 402	Exercise Prescription ³	3
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ERS 403	Advanced Exercise Physiology ³	3
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Psychology Course (See My Rock Audit for options)		3
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Rock Studies		3
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Hours 18

Spring

ERS 410	Clinical Exercise Physiology ³	3
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ERS 411	Exercise Science: Special Populations and Conditions ³	3
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ERS 412	Exercise Science: Senior Synthesis ³	3
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ERS 424 or HLTH 424	Nutrition and Exercise ³ or Nutrition and Exercise	3
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Rock Studies		6
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Hours 18

Fourth Year

Fall

Senior Year: If not accepted into SRU DPT⁴

ERS 450	Exercise Science Internship ³	12
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Hours 12

Total Hours 119-120**

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 **Senior Year- If not accepted into SRU DPT:** If you choose to pursue Exercise Science 3+2 and are not accepted into SRU DPT 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+3 major requirements, SRU Doctorate of Physical Therapy (DPT) Program prerequisites, and Rock Studies requirements to apply.

Senior Year- If accepted into the SRU DPT: The first year will count as the 4th year of the Exercise Science program. Upon successful completion of the first year of the SRU DPT Graduate Program, students will graduate with a BS in Exercise Science. Should an Exercise Science 3+3 student be unsuccessful in completing the 1st year of the SRU DPT 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 Physical Therapy courses will count toward the completion of their undergraduate degree. In

addition, students must complete ERS 450: Exercise Science Internship (12 credits).

*** 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-Physical Therapy 3+3 (61P9)
Revised: 09.14.2021