

EXERCISE SCIENCE, BACHELOR OF SCIENCE (BS)

Curriculum Guide

GPA Requirement – Exercise Science

1st Major: Exercise Science

- Overall GPA: 2.0 or higher
- Major GPA (includes Major Requirements and College Wide Requirements): 2.0 or higher

Summary*

| Code | Title | Hours |
|------|--|-------|
| | Rock Studies Requirements | 43 |
| | Other Basic Requirements | 0-3 |
| | Computer Competency | 0-3 |
| | Major Requirements | 57 |
| | Natural Science and Math College-Wide Requirements | 12 |
| | Electives | 17 |

* 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.

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 | | |
| <i>Creative and Aesthetic Inquiry</i> | | |
| Select 3 Credits (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/) | | 3 |
| <i>Humanities Inquiry</i> | | |
| Select 3 Credits (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/) | | 3 |
| <i>Social Science Inquiry</i> | | |
| Select 3 Credits (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/) | | 3 |
| <i>Natural Sciences Inquiry</i> | | |
| BIOL 216 | Anatomy and Physiology I with Lab | 3 |
| <i>Physical Science Inquiry</i> | | |
| 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

- 29 major credits must be taken at SRU or PASSHE
- 29 major credits must be taken at the 300 level or above
- Students may choose to earn a BS in Exercise Science as preparation for graduate studies in many health care related fields. In this case, the student should learn what prerequisites are required for his/her intended graduate program and take those courses as electives while completing the Exercise Science Program.
- This program prepares you to sit for national examinations. While professional licensure/certification is not required, some employers may require certification.

| 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 | | |
| 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 |
| ERS 450 | Exercise Science Internship ^{1,2} | 6 |
| ERS 450 | Exercise Science Internship ^{1,2} | 6 |
| Subtotal | | 36 |
| Total Hours | | 57 |

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

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)

This program is effective as of Summer 2021.

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