

# EXERCISE SCIENCE, BACHELOR OF SCIENCE (BS) / PRE-PHYSICAL THERAPY (SRU) (TRADITIONAL)

## 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. UO 3,4,5
- **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. UO 1
- **Professional Behavior and Involvement:** To model professional behaviors (including preparedness, engagement, and appearance), and demonstrate professional involvement across the major. UO 5,7,9
- **Ethical Reasoning:** To make well-informed and unbiased decisions to enhance the well-being of others. UO 8,10
- **Critical Thinking:** To demonstrate clear and accurate reasoning to make decisions and solve problems. UO 2

## 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 (EXSC 100's, EXSC 200's, EXSC 300's) and Required Upper Level Courses (EXSC 400's, EXSC 410's, EXSC 424, EXSC 450).
  - b. A student must earn a grade of "C" or better in ALL Natural Science and Math College-Wide Requirements (BIOL 209, BIOL 309, 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
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/academic-policies/repeat-of-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 EXSC - 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 EXSC 412 and EXSC 450 at their own cost. More information will be provided to students in the upper level EXSC courses.

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

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  - 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 EXSC 412 and EXSC 450 at their own cost. More information will be provided to students in the upper level EXSC courses.

- c. EXSC 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

Overall GPA: 2.00 or higher

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

### SUMMARY\*

Code	Title	Hours
	Rock Studies 2 Requirements	44
	Other Basic Requirements	0-3
	Computer Competency	0-3
	Major Requirements	57
	Natural Science and Math College-Wide Requirements	15
	Additional Physical Therapy Prerequisite Courses	18
	Electives	0

\* 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 2 REQUIREMENTS

Code	Title	Hours
<b>The Rock</b>		
SUBJ 139	Foundations of Academic Discovery <sup>1</sup>	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

<b>Humanities Inquiry</b>		
Select 3 Credits ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/</a> )		3
<b>Social Science Inquiry</b>		
Select 3 Credits ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/</a> )		3
<b>Natural Sciences Inquiry</b>		
BIOL 209		4
<b>Physical Science Inquiry</b>		
PHYS 201	Elements of Physics I with Lab	4
Subtotal		17
<b>Thematic Thread</b>		
Select 12 Credits ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/</a> ) <sup>2,3</sup>		12
<b>Total Hours</b>		<b>44</b>

- <sup>1</sup> Course offered in multiple subjects; cannot take course in first major subject
- <sup>2</sup> One course from each category; six credits must be 300-level or above; no more than 4 credits from one subject area; specific courses required in first major, regardless of prefix of course, cannot be used to satisfy thread requirements; any course with same prefix as first major cannot be used to satisfy thread requirements, even if it is not a course in the first major.
- <sup>3</sup> Additional Physical Therapy prerequisite courses may be fulfilled in a Thematic Thread.

### 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	
<b>Total Hours</b>		<b>0-3</b>

### 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	
<b>Total Hours</b>		<b>0-3</b>

### DIVERSITY, EQUITY, AND INCLUSION REQUIREMENT

Students must take and pass a course with the Diversity, Equity, and Inclusion (DEI) designation prior to graduation. Students can meet this requirement by taking any DEI - designated course in any program at any time during their undergraduate career.

## 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.

Code	Title	Hours
<b>Required Basic Courses</b>		
Must earn a "C" or better in the following courses		
EXSC 100	Introduction to Exercise Science: Careers and Content <sup>1,2</sup>	3
EXSC 101	Applied Anatomy/Lab <sup>1,2</sup>	3
EXSC 201	Exercise Physiology with Lab <sup>1,2</sup>	3
EXSC 202	Biomechanics with Lab <sup>1,2</sup>	3
EXSC 300	Research Methods in Exercise Science <sup>1,2</sup>	3
EXSC 301	Aerobic Exercise Leadership <sup>1,2</sup>	3
EXSC 302	Exercise Leadership: Resistance Training <sup>1,2</sup>	3
Subtotal		21
<b>Required Upper Level Courses</b>		
Must earn a "C" or better in the following courses		
EXSC 400	Wellness coaching and Program Management <sup>1,2</sup>	3
EXSC 401	Fitness Assessment <sup>1,2</sup>	3
EXSC 402	Exercise Prescription <sup>1,2</sup>	3
EXSC 403	Advanced Exercise Physiology <sup>1,2</sup>	3
EXSC 410	Clinical Exercise Physiology <sup>1,2</sup>	3
EXSC 411	Exercise Science: Special Populations and Conditions <sup>1,2</sup>	3
EXSC 412	Exercise Science: Senior Synthesis <sup>1,2</sup>	3
EXSC 424	Nutrition and Exercise <sup>1,2</sup>	3
EXSC 450	Exercise Science Internship <sup>1,2</sup>	6
EXSC 450	Exercise Science Internship	6
Subtotal		36
<b>Total Hours</b>		<b>57</b>

<sup>1</sup> Course counts toward Major GPA

<sup>2</sup> 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 209		4
BIOL 309		4
PHYS 201	Elements of Physics I with Lab <sup>1</sup>	4
STAT 152	Elementary Statistics I <sup>1</sup>	3
<b>Total Hours</b>		<b>15</b>

<sup>1</sup> 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 105	Introduction to Psychology	3
PSYC	See My Rock Audit for options	3

## Doctor of Physical Therapy (DPT) Prerequisite Admission Requirements

### 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) (<http://www.sru.edu/PT/>)

### Rock Studies 2

Code	Title	Hours
<b>Prerequisite Courses - SRU Physical Therapy</b>		
Select one of the following:		6-8
BIOL 209 and BIOL 309		
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 <sup>1</sup>		3
<b>Total Hours</b>		<b>31-33</b>

<sup>1</sup> See My Rock Audit for specific courses.

## 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 Traditional)

Effective Summer 2022

Revised 06.10.2022

UCC 03.01.2022

**RECOMMENDED FOUR-YEAR PLAN**

Course	Title	Hours
<b>First Year</b>		
<b>Fall</b>		
Select one of the following:		3
EXSC 100	Introduction to Exercise Science: Careers and Content <sup>3</sup>	3
EXSC 101	Applied Anatomy/Lab <sup>3</sup>	3
PHYS 201	Elements of Physics I with Lab <sup>1,3</sup>	4
PSYC 105	Introduction to Psychology <sup>1</sup>	3
SUBJ 139	Foundations of Academic Discovery <sup>2</sup>	3
Rock Studies 2 Requirement ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/</a> )		3
ESAP 101	FIRST Seminar <sup>*</sup>	1
<b>Hours</b>		<b>17</b>
<b>Spring</b>		
Select one of the following:		3
EXSC 100	Introduction to Exercise Science: Careers and Content <sup>3</sup>	3
EXSC 101	Applied Anatomy/Lab <sup>3</sup>	3
PHYS 202	Elements of Physics II/ Lab <sup>3</sup>	4
STAT 152	Elementary Statistics I <sup>1,3</sup>	3
Rock Studies 2 Requirement ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/</a> )		6
Computer Competency Course (only if needed)		0-1
<b>Hours</b>		<b>16-17</b>
<b>Second Year</b>		
<b>Fall</b>		
Select one of the following:		3
EXSC 201	Exercise Physiology with Lab <sup>3</sup>	3
EXSC 202	Biomechanics with Lab <sup>3</sup>	3
BIOL 209	Human Anatomy & Physiology I <sup>1,3</sup>	4
CHEM 107 & CHEM 111	General Chemistry I and General Chemistry I Lab	4
Rock Studies 2 Requirement ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/</a> )		6
<b>Hours</b>		<b>17</b>
<b>Spring</b>		
Select one of the following:		3
EXSC 201	Exercise Physiology with Lab <sup>3</sup>	3
EXSC 202	Biomechanics with Lab <sup>3</sup>	3
BIOL 217	Anatomy and Physiology II with Lab <sup>3</sup>	3
BIOL 309	Human Anatomy & Physiology II <sup>3</sup>	4
CHEM 108 & CHEM 112	General Chemistry II and General Chemistry II Lab	4

Rock Studies 2 Requirement OR Elective (<https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/>) 6**Hours** **20****Third Year****Fall**EXSC 300 Research Methods in Exercise Science<sup>3</sup> 3EXSC 301 Aerobic Exercise Leadership<sup>3</sup> 3EXSC 302 Exercise Leadership: Resistance Training<sup>3</sup> 3

Psychology Course (See My Rock Audit for options) 3

Rock Studies 2 Requirement (<https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/>) 3**Hours** **15****Spring**EXSC 400 Wellness coaching and Program Management<sup>3</sup> 3EXSC 401 Fitness Assessment<sup>3</sup> 3EXSC 402 Exercise Prescription<sup>3</sup> 3EXSC 403 Advanced Exercise Physiology<sup>3</sup> 3Rock Studies 2 Requirement (<https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/>) 3**Hours** **15****Fourth Year****Fall**EXSC 410 Clinical Exercise Physiology<sup>3</sup> 3EXSC 411 Exercise Science: Special Populations and Conditions<sup>3</sup> 3EXSC 412 Exercise Science: Senior Synthesis<sup>3</sup> 3

Select one of the following: 3

EXSC 424 Nutrition and Exercise<sup>3</sup> 3HLTH 424 Nutrition and Exercise<sup>3</sup> 3

Rock Studies/Electives 3

**Hours** **15****Spring**EXSC 450 Exercise Science Internship<sup>3,4,5</sup> 12**Hours** **12****Total Hours\*\*** **127-128**<sup>1</sup> Course satisfies majors and Rock Studies 2 requirements.<sup>2</sup> Course offered in multiple subjects; cannot take course in first major subject<sup>3</sup> Must earn a grade of "C" or better<sup>4</sup> EXSC 450: Exercise Science Internship may be scheduled Only after all prerequisites are met. Also required are a valid First Aid, CPR/AED certification and proof of student professional liability insurance. EXSC 412 provides all necessary information pertaining to the internship registration process and is taken the semester prior to internship.<sup>\*</sup> Students are encouraged to take ESAP 101 as a Free Elective.**\*\* 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 SRU Traditional (PT)  
Revised: 02.10.2023